

# ABC NEWSLETTER

The bi-monthly newsletter from The Leeds & District  
Autism, Behaviour, Communication Support Group - Registered Charity No. 1023066

April - May 2010

[www.abcleeds.org.uk](http://www.abcleeds.org.uk)

Contact us at Leeds ABC, Cubic Business Centre, Suite 3, 533 Stanningley Road, Leeds LS13 4EN or ring 2180131 or 2579269 (messages can be left on these numbers). Alternatively, email [info@abcleeds.org.uk](mailto:info@abcleeds.org.uk) or [cath.leedsabc@googlemail.com](mailto:cath.leedsabc@googlemail.com). Views expressed by correspondents are their own and not necessarily those of the committee members or the editor. Leeds ABC does not recommend any one approach to autism, just as no two people are the same, so their individual responses will differ.

## CONTACT NUMBERS

Susan - 2579269, Mandy - 2795142, Catherine - 07552181803, Susan C. - 2770779

Hello! Welcome to the Leeds ABC newsletter. This edition has details about the new libraries that have just got Boardmaker software, autism training and conferences, important news about the Child Trust Fund, an update on The Next Generation youth group and much more!

## DIARY DATES

GROUP MEETINGS	APRIL	MAY	JUNE
<b>LEEDS ABC</b> Suite 3, Cubic Business Centre, 533 Stanningley Road, LS13 4EN	Tuesday 13 <sup>th</sup> 7pm-9pm Tuesday 20 <sup>th</sup> 10am-midday Monday 26 <sup>th</sup> (AGM) 7pm-8.30pm	Tuesday 11 <sup>th</sup> 10am-midday	Tuesday 8 <sup>th</sup> 10am-midday
<b>KIRKSTALL LEISURE CENTRE</b> Kirkstall Lane, Leeds LS5 3BE Pool booked for family swim	Saturday 24 <sup>th</sup> 5-6pm (large pool only)	Saturday 8 <sup>th</sup> 5-6pm (large pool only)	
<b>AUTISM/ASPERGER ADVICE SESSIONS</b> 3 <sup>rd</sup> floor meeting room Central Library	Friday 23 <sup>rd</sup> 10am - midday	Friday 7 <sup>th</sup> 10am - midday	Friday 11 <sup>th</sup> 10am - midday

A full list of support groups and their meeting times is available and called "Additional Needs & More!" Please contact our Information Officer, Catherine Holme on [cath.leedsabc@googlemail.com](mailto:cath.leedsabc@googlemail.com) tel: (0113) 2180131 if you require a copy.

## AUTISM/ASPERGER ADVICE SESSIONS

Leeds Library and Information Service in partnership with STARS (Education Leeds Autism Response Service) and Leeds ABC will help you with advice on issues relating to individual children and young people with autism and their specific needs as well as information and support for parents. Library staff will help you use Boardmaker to design and print visual resources. All sessions run from 10.00am to midday on the 3<sup>rd</sup> floor meeting room of the Central Library. This will be a standing item under "Diary Dates".

## BOARDMAKER (PECS SYMBOLS) in 9 MORE LEEDS LIBRARIES

The software programme, Boardmaker, has thousands of symbols and images that can be printed and used to support visual communication e.g. communication boards, visual timetables and social stories and is available in 25 libraries across Leeds. Parents and Professionals can book sessions with a librarian to learn how to use the software or use the software independently to print boards and symbols. Each library has a laminator so that you can laminate your boards and symbols after printing. There is no charge for using Boardmaker in

libraries or for laminating your boards and symbols, but there is a charge of 15p per page for printing. The libraries are:

ARMLEY	BEESTON	BRAMLEY	CENTRAL	CHAPEL ALLERTON
CHAPELTOWN	COMPTON ROAD*	CROSSGATES	DEWSBURY ROAD	GARFORTH
GUISELEY	HALTON	HEADINGLEY	HOLT PARK	HORSFORTH
MIDDLETON	MOOR ALLERTON	MORLEY	OAKWOOD	OTLEY
PUDSEY	ROTHWELL	SEACROFT	WETHERBY	YEADON

\* Compton Road reopens in late 2010

For further information visit, [www.leeds.gov.uk/boardmaker](http://www.leeds.gov.uk/boardmaker) or telephone Enquiry Express for more details: (0113) 2476016. Alternatively you can also contact the Learning Co-ordinator, Jason Tutin on: (0113) 3952357 or email: [jason.tutin@leeds.gov.uk](mailto:jason.tutin@leeds.gov.uk). Please note that whilst Boardmaker software has been installed in all the libraries, staff training and provision of laminators will be on-going over the next few weeks.

#### **New Makaton resources in Leeds libraries**

Leeds libraries have bought six collections of Makaton resources. These collections include Something Special DVDs; core vocabulary books of signs and symbols, as well as pocket books of some of the most frequently used signs and symbols. The resources are kept in six libraries but can be reserved to collect from any library in Leeds. Just follow the link on this page to the library catalogue and search for Makaton. All Makaton resources are free to borrow but there is a charge for reserving items. For more information contact Enquiry Express, Tel: (0113) 2476016 or log onto [www.leeds.gov.uk/boardmaker](http://www.leeds.gov.uk/boardmaker), scroll down to Makaton and click on the library catalogue link.

#### **Sensory tip**

Try shining a torch on to a piece of holographic card to create an unusual, low budget, visual effect. Holographic card is available from most craft departments/shops.



#### **TREE FUN DAY!**

At Hollybush Conservation Centre, Broad Lane, Kirkstall, LS5 3BP. 18th April: 12-4pm, Free Entry. Activities include: Tree-mendous wildlife trail, Paper Jewellery, Arts and crafts, Plant your own plant, Tree Identification. For further information visit [www.hollybushleeds.org.uk](http://www.hollybushleeds.org.uk) or Tel: (0113) 274 2335

#### **Autism Awareness Concert**

Sunday 25th April 3.00pm 2010 at

The Grove Methodist Church, Town Street, Horsforth, LS18 4RJ.

Orchestra of Die Musici II

Another chance to hear 12-year old composer Gregory Kenwood Herriott's rock masterpiece "The Amazing Adventures of Action Man", premiered last year. Gregory has autism. This concert also features the concerto debut of outstanding young oboist Katie McLeish, in Marcello's Oboe Concerto in D minor and Elizabeth Kenwood Herriott playing the Telemann Concerto for Oboe D'Amour.

Admission Details

Tickets are £5.00 at the door, with children admitted free of charge or available from Christopher Seller (0113 258 2662), or send a cheque payable to The Grove Methodist Church, to include a S.A.E. to: 21A West End Lane, Horsforth, Leeds LS18 5JP.

#### **Basic PECS 2 Day Workshop Sheffield**

Title Basic PECS 2 Day Workshop - Date 26<sup>th</sup> and 27<sup>th</sup> April

Address Holiday Inn Sheffield - Royal Victoria, Victoria Station Road, Sheffield, S4 7YE.

Professional fee / person £270.00 Parent fee / person £140.00  
Fee includes VAT, course materials, refreshments and light lunch  
To register on this workshop visit [www.pecs.org.uk](http://www.pecs.org.uk) or Telephone (01273) 609556

### **Guide to Managing Challenging Behaviours (formerly Managing Behaviour) Workshop Sheffield**

Holiday Inn Sheffield - Royal Victoria, Victoria Station Road, Sheffield, S4 7YE.

Date & Start Time 28th Apr 2010 09:00

Professional fee / person £140.00 Parent fee / person £70.00

Fee includes VAT, course materials, refreshments and light lunch

To register on this workshop visit [www.pecs.org.uk](http://www.pecs.org.uk) or Telephone (01273) 609556

### **Expert Patients Programme Free parent/carer course**

Supporting Parents of disabled children and children with health problems

2010 Courses starting:

- Thursdays 22 April - 27 May at Leeds Church Institute 20 New Market St LS1 6DG

The course is for parents, guardians and carers of disabled children and children with long term health conditions or special needs. We can help with reasonable travel and care costs. To register or for more information Phone: 305 7591 or 07944299403 or Email: [epp.account@nhsleeds.nhs.uk](mailto:epp.account@nhsleeds.nhs.uk)

### **CHILD TRUST FUNDS**

A Child Trust Fund (CTF) is a long term savings and investment account for children born on or after 1<sup>st</sup> September 2002. Each child automatically receives a voucher from the government for £250, which their parents can use to open a CTF account. Children who live in low income families are eligible for an additional trust fund payment of £250. The government will then make further payments, of either £250 or £500, after each child's seventh birthday. This money is then invested for your child and will grow over time until they reach the age of 18. **Please note** that starting from April 2010; the government will make extra payments into the CTF accounts of children with a disability. In order to qualify for an additional payment, your child must have been in receipt of Disability Living Allowance (DLA) at some point during the previous year. The extra payment will be £100 per year or £200 per year if your child gets the highest care component of DLA. The government expects to automatically identify those children who have both DLA and a child trust fund and will make a payment directly into each child's account. Parents will receive a letter telling them once a payment has been made. If your child has a CTF and is in receipt of DLA, **please check** that you receive this entitlement.

### **NAS 1 day help! Programme Wakefield**

Thursday 6th May 2010

9.30 am - 3.00 pm

Venue:

Campitor St Catherine Co-operative, St Catherine's Church, Doncaster Road, Wakefield, WF1 5HL

help! provides support for parents and carers of school aged children, young people and adults who have a recent diagnosis of an ASD. **Cost** is free.

The programme sessions cover:

- What are autism spectrum disorders - an overview
- Tips for communication
- Practical strategies for education and educational rights/law
- Accessing support services and benefits

### **NAS 1 day help! 2 - Meeting your child's sensory needs Leeds**

**Date:** 29 June 2010 **Duration:** 10.00am - 2.30pm **Costs:** Free

**Venue:** Stanningley Sports and Amateur Rugby Club, The Arthur Miller Stadium, Coal Hill Drive, Leeds, LS13 1PA, United Kingdom

This seminar is aimed at parents/carers of people aged 3-18 years of age who have a diagnosis of autism, Asperger syndrome or ASD. It offers a chance to explore the effect the world has on your son or daughter's senses and suggests practical activities to help them.

### **NAS 1 day help! 2 - Anti-bullying strategies and support for your child with an ASD Leeds**

**Date:** 07 July 2010 **Venue:** Stanningley Sports and Amateur Rugby Club, The Arthur Miller Stadium, Coal Hill Drive, Leeds, LS13 1PA, United Kingdom **Duration:** 10:30am - 2:30pm **Costs:** Free

This seminar looks at the characteristics of ASDs and how these might make children affected more vulnerable to bullying. It helps parents/carers gain a better understanding of the types of bullying that might occur and allows them to share tips and strategies to reduce it.

A sandwich lunch is provided at all these seminars, but you are welcome to bring your own lunch, with tea and coffee served during the day at no cost to parents. Two members per family may attend (or one family member and a friend). Places will be allocated on a first come, first served basis. To book a place on this programme please phone: Jan Fuller on (0191) 5680732 or email [jan.fuller@nas.org.uk](mailto:jan.fuller@nas.org.uk).

### **2 day Autism Conference in Birmingham**

May 20 & 21, 2010 Ramada Hotel & Resort, Penns Lane, Walmley, Sutton Coldfield, West Midlands

May 20 Presentations  
MARC SERRUYS  
Autism and Vulnerability  
and  
DAVID ARRIS  
My Life With Autism

May 21 Presentation  
PAULA AQUILLA  
Co-author of Building Bridges Through Sensory  
Integration  
The Role of Sensory Processing in Learning  
Behaviour and Activities of Daily Life

[www.autismawarenesscentre.org](http://www.autismawarenesscentre.org) [www.autismwestmidlands](http://www.autismwestmidlands)

#### **PARENT/PARAPROFESSIONAL RATE**

Before April 30, 2010

1 Day Only £125.00 + £21.88 VAT = £146.88

2 Days £175.00 + £30.63 VAT = £205.63

After April 30, 2010

£150.00 + £26.25 VAT = £176.25

£200.00 + £35.00 VAT = £235.00

#### **PROFESSIONAL RATE**

Before April 30, 2010

1 Day Only £180.00 + £31.50 VAT = £211.50

2 Days £265.00 + £46.38 VAT = £311.38

After April 30, 2010

£200.00 + £35.00 VAT = £235.00

£300.00 + £52.50 VAT = £352.50

### **Special writing paper to help improve writing skills**

Raised ruling paper by Mead is designed to help improve children's writing skills. The lines have an embossed texture and add a tactile, multisensory element to writing. Since using this paper, my daughter can now write in a straight line. After being prompted to feel the line with her finger, she seems to be able to focus more clearly on writing a simple sentence. The paper is mainly available in the USA but Spacekraft sell it in their catalogue. There are two types available, letter (5 lines per page) and junior (9 lines per page). To register for a catalogue visit [www.spacekraft.co.uk](http://www.spacekraft.co.uk) or telephone: (01274) 581007.

### **Freedom Family Holidays**

This holiday venue has been recommended by a parent of a young person with autism.

At East Dene on the Isle of Wight, we have a wonderful family holiday venue in an inspirational location overlooking the sea. Through our own personal experience we recognize the wonderful opportunity for families living with autism and related behaviours to have a relaxing holiday together in a supportive environment without judgment or discrimination. From 2 families in 2005, our unique programme is growing

and growing and becoming more and more popular. The Centre is tucked away in the beautiful village of Bonchurch. It has a clear boundary and is away from roadways. We have a variety of sizes of Family Rooms all with wash basins and some with their own shower. We fully understand the importance of creating the right atmosphere for enjoyable meal times and provide a wide range of choice - or the same thing every day if it helps! Each day we provide an optional programme of activities from swimming in the heated outdoor pool to trampoline, T shirt design, games in the woods, campfires and barbecues. We especially enjoy seeing all the family participate together. The Inclusion Zone provides a safe play area with a variety of play equipment. The DVD is always at the ready for the favourite film. Whilst you hold ultimate responsibility for your family at all times we try to provide you with as much support as possible and we aim to get to know your family as soon as we can so that we can best meet your needs. There is a beautiful lounge overlooking the sea where we hope you will be able to relax and unwind.

The holiday venue is available on the following dates:

Sat 7<sup>th</sup> August - Sat 14<sup>th</sup> August 2010

Sat 14<sup>th</sup> August - Sat 21<sup>st</sup> August 2010

Sat 21<sup>st</sup> August - Sat 28<sup>th</sup> August 2010

More information is available on our brochures page, but most of all we'd like to talk to you! Ring 01983 852374 to find out more. Also visit [www.allnatt.co.uk](http://www.allnatt.co.uk).



### **Leeds ABC Youth Group - The Next Generation The story so far.....**

The Leeds ABC Youth Group has been running since March 2009 and was founded by Mandy Craven (vice chairperson of Leeds ABC). It caters for young people with Asperger's Syndrome or High Functioning Autism aged 11-16 and runs from 6pm-8pm every Wednesday (term time only, £3 per week). In January this year the group was established at the Burley Lodge Centre and initially some funding was obtained from Aiming High for Disabled Children (this is now spent!). Each week, different activities take place. Activities so far have included; arts and crafts (making Chinese dragons, stained glass windows with acetate), social skills games, trips to Hollywood Bowl, a K-Nex building competition. Future activities include a workshop at the Carriageworks theatre and a trip to the Magna science museum. The group has grown since January and a number of enthusiastic, CRB checked volunteers help out at the group with the activities.

If you are interested in your son/daughter attending the group please contact:

Mandy Craven Tel: 0113 2795142 or Email: [mandycraven.leedsabcgroup@googlemail.com](mailto:mandycraven.leedsabcgroup@googlemail.com)

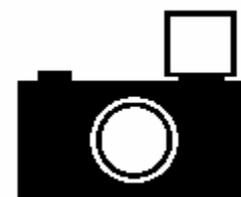
### **Click Project**

Click is an 8 week multimedia programme run in partnership with Leeds Central Library.

These sessions run for two and a half hours, once a week. Click can be accessed by young people with additional needs aged 16-25. Young people can learn to use a digital camera, a computer, photoshop, make your own artwork and gain some new skills. The project is accessible to young people who are still at school or college as part of their learning. It can also be accessed by young people who are not in education or employment training (NEET). Projects run throughout the year. The next one is April 23<sup>rd</sup> to June 25<sup>th</sup>.

For further information contact Sarah on:

Tel: (0113) 2470411 Mobile: 07813 197 535 Email: [info@peopleinaction.org.uk](mailto:info@peopleinaction.org.uk)



### **Grand total raised from Pussycats Disco**

The grand total raised from last months disco was £520! A big thank you to everyone who turned up, or supported the night. A good night was had by all!

### **Donations**

Leeds ABC would like to thank the charities committee at PACE Microtechnology, Saltaire, Shipley for their generous donation of £250. Thanks also to Richard Holme for putting forward the request. We have also received £290 matched funding from Halifax/Lloyds TSB, many thanks to Chris Wren-Kirkham. Many thanks to Jane Dobson and Bramhope Methodist Church for their kind donation of £178.02.

Leeds ABC would also like to thank the following organisations for funding.



*building better communities*



*SPECTRUM by Daniel White*  
*Everything feels alright*  
*When I see past black and white*  
*A little colour for me and you*  
*So many shades and ways too*  
*It really makes me think*  
*Tickles my grey hairs pink*  
*I can see all colours together can do no wrong*  
*I feel so happy like in a song*  
*When everybody belongs*  
*I'm part of a spectrum*  
*I like the view*  
*So many shades*  
*So many views*

#### **EPIC - Empowering Parents to Improve Choices for Disabled Children**

EPIC is a parent participation group that came about because of the Aiming High agenda for disabled children. It is going to be hosting monthly meetings for parents/carers where different topics will be discussed. The Crown Plaza Hotel, Wellington Street, Leeds LS1 4DL have kindly offered EPIC a room for these meetings and the first one will be on Sunday, 16<sup>th</sup> May 2010 at 7pm. For more information, contact [epicleeds@gmail.com](mailto:epicleeds@gmail.com)

#### **Rainbow House**

Rainbow House is a new building that will provide stimulating short breaks for up to 12 children and young people at a time. The short-break unit will have 12 bedrooms, each with en-suite facilities and will be fully accessible to wheelchair users throughout. Three bedrooms will be in a specially designed self-help unit for young people over 14 to develop their independent living skills. To read more about Rainbow House go to <http://www.thefamilyhubleeds.org/start.aspx> where you will be able to access the 7<sup>th</sup> issue of "A Brighter Future" magazine.

*"Supporting each other, Learning together"*