

ABC NEWSLETTER

The bi-monthly newsletter from The Leeds & District Autism, Behaviour,
Communication Support Group

Registered Charity No. 1023066

Sept-Oct 2010

www.abcleeds.org.uk

Contact us at Leeds ABC, 25 Somerdale Walk, Bramley, LS13 4SF, Tel : (0113) 2579269 (a message can be left on this number). Alternatively, email info@abcleeds.org.uk or 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

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Hello! Welcome to the Leeds ABC newsletter. We have a new venue for our support group meeting at St Peter's Church community room on the ground floor. There is a small parking area at the side of the building. We look forward to seeing you there! Also featured in this issue, fundraising news, adapted pens/pencils available in the supermarket, a new money management website and much more!

DIARY DATES

GROUP MEETINGS	SEPTEMBER	OCTOBER	NOVEMBER
KIRKSTALL LEISURE CENTRE Kirkstall Lane, Leeds LS5 3BE Family swim in large pool	Saturday 18 th 5-6pm	Saturday 9 th 5-6pm	
AUTISM/ASPERGER ADVICE SESSIONS 3 rd floor meeting room Central Library	Friday 3 rd 10am-12pm	Friday 1 st 10am-12pm	Friday 5 th 10am-12pm
LEEDS ABC (EVENING MEETING) NEW VENUE ST PETER'S CHURCH (COMMUNITY ROOM, lower floor) HOUGH LANE, BRAMLEY, LS13 3JF	Tuesday 21 st 7pm-9pm	Tuesday 12 th 7pm-9pm	Tuesday 9 th 7pm-9pm

A full list of support groups around Leeds and their meeting times is available and called "Additional Needs & More!" Please contact our Information Officer, Catherine Holme on cath.leedsabc@googlemail.com tel: 0775 218 1803 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 3rd floor meeting room of the Central Library. This will be a standing item under "Diary Dates".

LEEDS ABC WILL ATTEND EACH MONTHLY AUTISM/ASPERGER ADVICE SESSION OFFERING INFORMATION AND SUPPORT.

BOARDMAKER (PECS SYMBOLS)

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 has now reopened www.leeds.gov.uk/libraries

For further information visit, 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.

New Autism Support Group in South Leeds

Rothwell And South Leeds Autism And Aspergers Support Group
Rothwell Parish Centre, (behind the White Swan/Salutes) from 6:00pm to 8:00pm. Meeting on the **first Friday** of everymonth.

For more information or directions call Beth on 0113 2824479 or email: rothwell.autism@hotmail.co.uk

NAS Help! 2 course Halifax

Managing Anger: This is a practical seminar that focuses on communication strategies and dealing with difficult behaviour. It also looks at dealing with your son's/daughter's anger and some coping strategies. In this particular seminar physical interventions will not be covered. The seminar is specifically aimed at those parents/carers with children aged 8 - 16 years of age with a diagnosis of Asperger Syndrome or a child with an ASD who attends a mainstream school

Thursday 14th October 2010 from 10.00 am - 2.30 pm

Common Toileting Difficulties: This seminar will look at bladder and bowel function, how to assess for toilet training readiness and introduce basic toilet training programmes. Other difficulties that children with an ASD may experience regarding toileting including constipation, smearing, fear of using the toilet and sensory issues associated with this will also be covered. Parents will gain a better understanding of how the ASD diagnosis impacts on these difficulties as well as a number of tips and strategies to help minimise the problems. The seminar is specifically aimed at those parents/carers with children aged 3 -16 years of age who have a diagnosis of autism, Asperger's syndrome or Autism Spectrum Disorder.

Thursday 21st October 2010

10.00 am - 2.30 pm

VENUE:

The Salvation Army
St James Road
Halifax HX1 1YS

For any queries relating to help! 2 seminars please contact
Jan Fuller on 0191 5680732

Autism Assistance dogs

Support Dogs is a UK charity dedicated to improving the quality of life for people with epilepsy, physical disabilities and children with autism by training dogs to act as efficient and safe assistants.

Their dogs are trained to assist and support their owners with their specific disability. Each dog is taught tasks tailored to his owner's needs, enabling the disabled person to lead a fuller and more independent life.

As Registered Assistance Dogs, all Support Dogs have full access into restricted areas and are able to accompany their owner at all times.

The charity trains three types of Support Dog: Seizure Alert Dogs, Disability Assistance Dogs and Autism Assistance Dogs. An Autism Assistance Dog can help the child to participate in education, social and leisure activities, reduces the stress associated with interacting with other people and getting involved in social situations. At present, the project only covers the Sheffield and Leeds areas and there is a very long waiting list, but the service is free of charge. (source: Through The Maze newsletter Summer 2010).



For further information contact:

SUPPORT DOGS

21, Jessops Riverside, Brightside Lane
Sheffield S9 2RX

E-mail: supportdogs@btconnect.com

Telephone: 0114 261 7800

Fax: 0114 2617 555

www.support-dogs.org.uk

NAS Help! 2 courses York

Supporting the Siblings of your child with an ASD: A seminar focussing on the needs of the siblings of your child with an ASD and strategies to teach the siblings about their brother/sister and ASDs. This seminar is aimed at parents/carers who have a child with an ASD and additional siblings (aged up to 18).

Tuesday 12th October 2010 from 10.00 am - 2.30 pm

Meeting your child's Sensory Needs: This seminar is aimed at parents/carers of people aged 3-18 years who have a diagnosis of Autism, Asperger Syndrome or ASD. It offers a chance to explore the effect the world has on your child's senses and uses activities that can help them deal with this.

Friday 15th October 2010 from 10.00 am - 2.30 pm

Venue:

The Dodsworth Room, The Poppleton Centre, Main Street, Upper Poppleton, York, YO26 6JT

For any queries relating to help! 2 seminars please contact
Jan Fuller on 0191 5680732

Yellow Moon Catalogues

Leeds ABC have registered with Yellow Moon. Their catalogues have lots of art and craft resources in them and we will be receiving the Christmas edition in October. If you are to order anything from Yellow Moon (using our source code), Leeds ABC will get 20% cash back. These catalogues will be available from October.

NAS Calderdale Sleep workshop

Sleep Workshop with Moira Draper

Friday 17th September 2010 from 10:00 - 12:30pm (10:30 start)

Halifax Central Library, Northgate, Halifax, HX1 1UN

Often, sleep disturbances are a major problem that accompanies autism. This can be cause problems for the whole family, especially the parent who stays up or has to get up in the middle of the night. Moira Draper from Cerebra is leading this Sleep Workshop to give you strategies on dealing with sleep problems and how to implement a good bedtime/sleep routine. Moira is trained in the use of specially adapted behavioural and cognitive techniques developed by sleep Scotland and will be able to offer solutions to common sleep problems in children with ASD.

Free to parent/carer & £10 for professionals

Tea, coffee and light refreshments provided

Places are limited & will be allocated on a first-come first- served basis.

To book a place please contact:

Calvin Manyange (NAS Calderdale Resource Centre Manager), NAS Calderdale Autism Resource Centre, Hanson Lane Enterprise Centre, Hanson Lane, Halifax, HX1 5PG

Email: calderdaleresourcecentre@nas.org.uk

Mobile: 07500 088 569 / 07563 707512

New money management website

Here's a great new resource to help young people/adults with autism/Asperger's.

The National Autistic Society has teamed up with the Consumer Financial Education Body (CFEB) as part of the national strategy for financial capability to support people with autism in managing their personal finances.

Managing Money provides a new online resource, developed in consultation with people with autism, which gives impartial information, guidance, interactive quizzes and video content to help people develop their knowledge and confidence in managing money and financial decision-making. It can be used at home or in educational settings.

A free printed workbook called Managing Money: a guide for people on the autism spectrum is also available. It can be ordered or downloaded from

www.autism.org.uk/products/free-resources/fsa-managing-money.aspx<<http://www.autism.org.uk/products/free-resources/fsa-managing-money.aspx>>.

You can visit the Managing Money website at

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



For those of you who don't have access to the internet, you can order a free, hard copy of "Managing Money". A guide on managing money for people on the autism spectrum from NAS Central Books (see details below). The product code is NAS913.

Central Books

99 Wallis Road

London E9 5LN

Tel: 0845 458 9911 (overseas: 0044 208 525 8810)

Fax: 0845 458 9912 (overseas: 0044 208 525 8879)

Free laptops scheme LAST CHANCE, now only disabled children are eligible

At the start of 2010 the government's Home Access Grant made available up to £528 for low income families with children living in England (there are currently no plans to provide the scheme in Scotland, Wales or Northern Ireland) for internet access at home.

The main bulk of grants ran out in August and are now only for children with disabilities or a special educational need. It's one grant per household and to be eligible:

You need children in years 3 to 9. This will normally mean ages 7 to 14. It's for families with lower incomes.

There are a number of tests for this, generally speaking if your child qualifies for free school meals or you receive income support, income-based JSA, child tax credit plus an income lower than £16,190, it's worth checking out. It's targeted at those without internet access already. While the scheme is targeted at those who either don't have a computer or don't have web access, there are only limited checks done on that, though it is important that people don't abuse the system.



Your child needs to have a disability or special educational needs.

Home Access packages come with Assistive Technology software (including text to speech, text prediction, mind mapping and screen magnification) and equipment to support children with disabilities (where your child receives DLA) or special educational needs.

For further details contact: **0333 200 1004** or check details at www.homeaccess.org.uk.

Once you've done a quick eligibility check you'll be sent an application form to complete, which generally takes 3 weeks to process. **Information source** www.moneysavingexpert.com

ABC Next Generation Youth Group

The group returns on Wednesday September 8th 6-8pm at The Burley Lodge Centre (Dance Studio), 42-46 Burley Lodge Road, BURLEY, LS6 1QF

For further details, contact Mandy Craven on: (0113) 2795142

Email: mandycraven.leedsabgroup@googlemail.com

Triangular felt tips and pencils with grips available in supermarkets

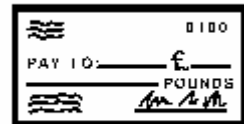
I have recently come across some triangular felt tip pens and colouring pencils with comfort grips on them in Tesco (the large Tesco at Seacroft). Also ASDA have started selling pencils with grips on them (spotted in Crown Point ASDA). These are useful for children who have difficulty with pen/pencil grip.



Fundraising News

Table top sale at St Gemmas hospice, June 2010. We raised £55 after a massive clearout of unwanted toys/bric a brac.

Leeds 10K, July 4th 2010. A great day was had by all and collectively we are delighted to have raised £479.73p!



Green Paper: Children And Young People With Special Educational Needs and Disabilities - Call for Views

Launch Date: Friday 10th September 2010

Closing Date: Friday 15th October 2010

On 10th September the Minister of State for Children and Families, Sarah Teather, invited views from everyone with an interest in services for children and young people with special educational needs (SEN) or disabilities in England. All views and perspectives received will be considered as part of developing proposals for a Green Paper on SEN and disability to be published this autumn. To read and respond on-line or to print of a response form, go to <http://www.education.gov.uk/consultations/index.cfm> and click on the "Green Paper".

It is very important that you let as many as possible know about this consultation and that you **respond!**

Carers missing out on benefit

(Source: YEP)

It is believed that up to 250,000 carers in Yorkshire could be missing out on a welfare benefit which helps to secure a better standard of living when they retire. Carer's Credit ensures a person's National Insurance (NI) record is credited for the time they are caring, thereby enabling them to build up a State Pension. The benefit isn't a cash sum but it does mean that a carer's financial future can be protected.

Whilst around 250,000 people in the Yorkshire region could qualify, fewer than 1,000 are getting the top-up on their NI record. Carers UK is calling for people to help identify "hidden" carers and encourage them to ensure they are claiming all that they are entitled to. Chief Executive, Imelda Redmond, has said "It is vital that carers check that they are claiming the right benefits or credits". Those who give up their time for 20 hours or more a week to provide unpaid care, who are not claiming Carer's Allowance, could qualify.

For more information, visit www.direct.gov.uk/carers or call 0845 608 4321

Adult Autism Strategy

The Adult Autism Strategy is the Government's plan to ensure that adults with Autism get the help that they need, whether at home or in a work placement. The strategy also tells local councils and health services how they can help people with Autism. The key points of the strategy are:

- to make sure that more people understand Autism
- to make it easier for adults to get a diagnosis of Autism
- to ensure that local councils and health services write plans so that adults with Autism who live in their area get the help that they need

For more details about the strategy says and how it might affect you, go to www.autism.org.uk/dhstrategy

Leeds City Council has now appointed an **Autistic Spectrum Conditions Development Officer** as a result of the Strategy. It is Helen Gee, former Commissioning Manager for Adult Social Care.

OURS ARE THE HOURS

*You didn't give me minutes
You gave me hours
You didn't give me mine
You gave me ours
You gave me true answers
Not I don't know
I heard yes to life
Never no*

A poem by Daniel White

"Supporting each other, Learning together"

Leeds ABC would like to thank the following funders:

