

ABC NEWSLETTER

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

Registered Charity No. 1023066

Nov-Dec 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. In this edition we have good news about funding awarded to Leeds ABC, an autism friendly advent calendar, forthcoming workshops, conferences and much more! Enjoy!

DIARY DATES

| GROUP MEETINGS | NOVEMBER | DECEMBER | JANUARY |
|---|---|--|-------------------------------------|
| LEEDS ABC (EVENING MEETING) <u>NEW VENUE</u> ST PETER'S CHURCH (COMMUNITY ROOM, lower floor) HOUGH LANE, BRAMLEY, LS13 3JF | Tuesday 9 th 7pm-9pm | Tuesday 14 th 7pm-9pm | Tuesday 11 th 7pm-9pm |
| LEEDS ABC NEXT GENERATION YOUTH GROUP High functioning autism/Asperger's age 11- 18 yrs Burley Lodge Centre 42-46 Burley Lodge Road LS6 1QF | Monday 1 st 6-8pm Then every Wednesday 6pm-8pm | Wednesday 1 st , 8 th , 15 th 6pm-8pm | |
| KIRKSTALL LEISURE CENTRE Kirkstall Lane, Leeds LS5 3BE Family swim in large pool | Saturday 20 th 5pm-6pm | Saturday 11 th 5pm-6pm | Saturday 22 nd 5-6pm |
| AUTISM/ASPERGER ADVICE SESSIONS 3 rd floor meeting room Central Library | Friday 5 th 10am-12pm | Friday 3 rd 10am-12pm | Friday 7 th 10am-12pm |

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.

YOUTH GROUP

Leeds ABC Youth Group, Next Generation runs every Wednesday (term time only). It is for young people with high functioning autism or Asperger's syndrome age 11-18 years **(this includes those in year 6)**. We have a team of young, enthusiastic volunteers who are all CRB checked. Activities include arts and crafts, games, social skills sessions, occasional trips out. For further information contact Leeds ABC Vice Chairperson Mandy Craven; Email: mandycraven.leedsabcgroup@googlemail.com Tel: 0113 2795142



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 or Asperger syndrome 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.

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.

Off We Go! Launches iPhone/iPad Apps for Children with Special Needs

The Off We Go series of books have been created by Avril Webster. She is a mother of three children. Her oldest son, Stephen has a rare developmental brain disorder; some of the features of this disorder are similar to autism. She designed the Off We Go! Range of books to help support her son's communication needs. Off We Go! books prepare children for everyday experiences and improve language and social skills. They have proven to be of benefit for children with special needs including autism, as well as any young child. The Off We Go! series support kids to partake in activities that they might otherwise find overwhelming, decrease parent stress levels, while at the same time provide a valuable learning tool.

The Off We Go! series includes the following titles:

Going to the Supermarket

Going to the Dentist
 Going to the Doctor
 Going to the Hairdresser
 Going to the Restaurant
 Going Swimming
 Going to a Birthday Party
 Going to Buy Clothes
 Going to Buy Shoes
 Going to the Cinema
 Going to the Optician
 Going on a Plane



The stories, 'Going on a Plane' and 'Going to the Dentist' are available as iPhone/iPad Apps. The Apps add new features to the books including; narration in English and Spanish (you can even record your own narration) and the ability to colour in the pictures yourself. The iPad versions include sounds and animation, making the preparation more fun and interactive. From what they have seen with their son Stephen who has special needs, the iPhone and iPad touch screen technology is going to revolutionise how children with special needs access learning and entertainment. For further information on stockists contact: Avril Webster, Off We Go!, 74 Salmon Weir, Annacotty, Limerick, Ireland
avril@offwego.ie www.offwego.ie Tel: 00353-61-332682

YELLOW MOON CATALOGUES

Leeds ABC now has some Christmas Yellow Moon catalogues. Yellow Moon sell arts and crafts/educational materials, games etc. If you order from them Leeds ABC gets 20% cash back on all orders placed. When ordering you must quote our individual code which is **WLE07438**. The catalogues are available at our:

support group meetings

youth group

family swim

autism advice sessions at Leeds Central Library.

If you are unable to visit any of the above events but would still

like a Yellow Moon catalogue, contact Yellow Moon at:

Yellow Moon UK Ltd

FREEPOST NAT12855

London E17 6BR

Tel: 08448268677

Alternatively you can visit their website, www.yellowmoon.co.uk.



PECS BASIC TRAINING

YORK WORKSHOP - 20 & 21 January 2011

York Pavilion Hotel, 45 Main Street, Fulford, York YO10 4PJ

Picture Exchange Communication system (PECS) is a tried and tested approach that uses pictures to develop communication skills in children and adults with a wide range of learning difficulties. Easy to access, PECS is an opportunity to open the door to spontaneous communication. This workshop is the basic accredited training in PECS and recommended for parents as well as professionals.

Course Fee (if booking in 2010) £279.06 - professional £144.91 - parent

Course Fee (if booking in 2011) £285.00 - professional £148.00 - parent

You can register online at www.pecs.com or for a registration form ring 01273 609 556

PECS: A TEACHERS GUIDE TO ORGANISING AND MANAGING THE CLASSROOM

1 DAY NEWCASTLE WORKSHOP - 26 January 2011

Novotel Newcastle Airport Hotel, Ponteland Road, Kenton, Newcastle NE3 3HZ

You will learn how to:

- Organise the classroom for staff and students
- Develop meaningful activities and lessons
- Motivate students
- Use PECS to access the National Curriculum

The workshop is appropriate for all professionals working with primary and secondary students. Experience with PECS is not a requirement.

Course Fee (if booking in 2010) £144.91 - professional £78.34 - parents

Course Fee (if booking in 2011) £148.00 - professional £80.00 - parents

The PAWS (Parents Autism Workshops and Support)

These workshops are aimed at parents of children, aged 3-16 years with a clinical diagnosis of autism in order to explore the potential benefits that a pet dog may have for their families.

The one day workshops will be held over a series of three days and participants will be expected to attend all three workshops. Workshops provide an overview into how a pet dog may help families and cover a range of topics from selecting the right dog for the child and family to practical ways in which the dog can help the child's development.

Following the workshops, the PAWS team offers ongoing support for all families enrolled. The workshops are run by Child Development and Dog Training & Welfare Project Workers.

07 Dec 2010, 11 Jan 2011, 08 Feb 2011

Dogs Trust Rehoming Centre, York Road, Leeds, West Yorkshire, LS15 4NL

Duration: 10.00 am - 3.30 pm

Costs: £50 payable at Workshop 1

Refreshments, lunch, resources and aftercare support are included in the fee.

Tel: 01295 759836

Email: PAWS@dogsforthedisabled.org

www.dogsforthedisabled.org



Autism Partnership UK Community Workshop

THE BIG '3'

Presented by: Elizabeth Thompson

This workshop presents practical strategies to help resolve the challenges of eating, sleeping and toileting. There will be discussion on the possible hurdles for tackling these goals and how to overcome these hurdles.

Saturday, 4th December, 2010

9:30 am - 12:30pm

Leeds Office

£10 per person

Autism Partnership UK

562a Scott Hall Road, Leeds, LS7 3RD

To book a place, please ring 0113 266 7711 or email us at Ukautpar@aol.com

www.autismpartnership.co.uk

New SEN Toy Library at Ireland Wood Children's Centre

Ireland Wood Children's Centre has recently started a new toy library for children with additional needs. Included in the toy library are facial expressions picture cards which can help children with autism increase their understanding of emotions. Also basic verbs, everyday objects picture cards, and a talking photo album are available which can help with speech and language development. There are a wide range of other toys for children with additional needs available from the toy library. For further information contact:

Ireland Wood Children's Centre, Raynel Gardens, Ireland Wood, LS16 6BW

Tel: (0113) 2817829

www.irelandwoodchildrenscentre.com

Funding awarded to Leeds ABC

We are pleased to say that we have been awarded some funding from the Pre-School Learning Alliance as part of their "Small grants for parent groups" scheme. The funding will be used to run a series of workshops about play and autism. Further details will be coming soon.



Christmas Autism Resources

Keeping Christmas Fun is a National Autistic Society video about how a family who have a young son with autism help their son to cope with the festive season. This is a positive, five minute short film and it's worth a look. For further details visit, www.youtube.com/watch?v=Rg1fNXtBI84. The National Autistic Society website also has some pages with tips for Christmas. For further information visit:

www.autism.org.uk/...autism/.../christmas-and-autism-spectrum-disorders

Catalogues containing sensory/special needs toys will be available at our support group meetings, our family swim and the Library autism advice sessions.

Also [Boardmaker in Leeds libraries](#) has a large range of Christmas symbols for PECS, visual schedules and social stories which may help a child to cope with the many changes and surprises the festive season brings (see pages 1 and 2 for details).

For those of you who don't have internet access but would like to see the film, Leeds libraries offer free internet access and learning sessions, teaching people how to access the internet. For further details, contact your local library or Enquiry Express on:

Tel: (0113) 2476016

Leeds ABC Boardmaker Advent calendar

Last year we created our version of an autism friendly advent calendar using symbols from our version (version 5) of Boardmaker software. This year we have decided to make the advent calendar available to download on our website. Keep a look out on our website www.abcleeds.org.uk. To download, click on "newsletters" and look for "Autism Friendly Advent Calendar."

Creative arts programme for young people with Asperger's syndrome in Leeds

Following the success of the Leeds Music Theatre Spring 2010 project, Opera North is pleased to announce that the new Verve project will be starting in January 2011.

The project provides a rare opportunity for young people aged 10-14 with Asperger's Syndrome to take part in creative musical activities; encouraging development of a range of compositional, musical, performance and social skills through interactive workshops. The project will be led by a director from Opera North, alongside a composer / musician, a singer and a designer who will work with the group of young people to create music and devise drama. The project will culminate in a performance of the newly created work to parents and friends.

During the project, there are also opportunities for parents/carers to meet and form informal discussion groups.

The new group will start on January 22nd 2011 and run from 10.45am - 12.45pm every Saturday morning and run for 8 weeks, with a break for half term. The sessions will be held in a central Leeds venue.

If your child or someone you know, would like to be involved in the project, you need to express an interest by Friday 19th November, so please contact Alex Bradshaw, Education Producer, for further information:

Phone: 0113 223 3581

Fax: 0113 399 3201

Email: alexandra.bradshaw@operanorth.co.uk

DAVID MOON: 27.6.1985 – 23.9.2010

This is a piece sent in by David's mum. David was a lovely young man who had autism and was known by many of us from a young age.

"David has died, aged 25, after a 2½ year battle with the cancer known as Hodgkin's Lymphoma. It is supposedly the most treatable of all cancers but not in his case; 3 different types of chemotherapy failed to kill off the tumour so it killed him.

During his illness, David showed what a brave person he really was. We, his parents, were proud of the way he cooperated during what were horrible treatments which sadly did not work. David died at his home.

David's funeral took place on 8.10.2010 and £250 was collected, half of which went to ST Gemma's Hospice and the rest to Cancer Research. Thank you to all who attended and who made a donation, in David's memory."

Sue and Charles Moon

OURS ARE THE HOURS

*You didn't give me the 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:

