

# ABC NEWSLETTER

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

Registered Charity No. 1023066

Jan-Feb 2011

[www.abcleeds.org.uk](http://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](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, Vic - 2822797

Hello! Welcome to the Leeds ABC newsletter. In this issue we have more good news about funding, a new drama project, our annual fundraising disco, a conference by Wendy Lawson in Harrogate and much more. Enjoy!

## DIARY DATES

GROUP MEETINGS	JANUARY	FEBRUARY	MARCH
LEEDS ABC (EVENING MEETING) <u>NEW VENUE</u> ST PETER'S CHURCH (COMMUNITY ROOM, lower floor) HOUGH LANE, BRAMLEY, LS13 3JF	Tuesday 11 <sup>th</sup> 7pm-9pm	Tuesday 8 <sup>th</sup> 7pm-9pm	Tuesday 8 <sup>th</sup> 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	Every Wednesday (term time only) 6pm-8pm	Every Wednesday (term time only) 6pm-8pm	Every Wednesday (term time only) 6pm-8pm
KIRKSTALL LEISURE CENTRE Kirkstall Lane, Leeds LS5 3BE Family swim in large pool	Saturday 22 <sup>nd</sup> 5-6pm	Saturday 19 <sup>th</sup> 5-6pm	Saturday 12 <sup>th</sup> 5-6pm
AUTISM/ASPERGER ADVICE SESSIONS 3 <sup>rd</sup> floor meeting room Central Library	Friday 7 <sup>th</sup> 10am-12pm	Friday 4 <sup>th</sup> 10am-12pm	Friday 4 <sup>th</sup> 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](mailto:cath.leedsabc@googlemail.com) tel: 0775 218 1803 if you require a copy.

### NEW! DRAMA PROJECT FOR YOUNG PEOPLE WITH ASPERGER'S SYNDROME/HIGH FUNCTIONING AUTISM

For Absolutely Brilliantly Creative 11 to 18 year olds with High Functioning Autism or Asperger's Syndrome. Every Monday 6-8pm at THE BURLEY LODGE CENTRE, 42-46 BURLEY LODGE ROAD, BURLEY, LS6 1QF. Learn new skills, write and perform an original piece of drama, learn new skills, have fun, make friends! For further information contact Leeds ABC Vice Chairperson Mandy Craven; Email: [mandycraven.leedsabcgroup@googlemail.com](mailto:mandycraven.leedsabcgroup@googlemail.com) Tel: 07769317744.

### YOUTH GROUP

Leeds ABC Youth Group, Next Generation runs every Wednesday (term time only) at THE BURLEY LODGE CENTRE, 42-46 BURLEY LODGE ROAD, BURLEY, LS6 1QF

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](mailto: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 3<sup>rd</sup> 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](http://www.leeds.gov.uk/libraries)

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).

## 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](http://www.yellowmoon.co.uk).



## NAS help! 2 - Meeting your child's sensory needs: Sheffield

9th February 2011 10.00am - 2.30pm

Concord Sports Centre, Shiregreen Lane, Sheffield S5 6AE

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. Light refreshments are provided but participants should bring their own lunch. The help! 2 seminars aim to provide parents and full-time carers with information and advice, to support them in the care of their child with an autism spectrum disorder (ASD).

For any queries relating to this help! 2 seminar, please contact us on 0191 568 0732 or [jan.fuller@nas.org.uk](mailto:jan.fuller@nas.org.uk)

Speakers

Wendy I'Anson - help! Programme Officer

## NAS help! 2 - Supporting the siblings of your child with an ASD: Sheffield

17th February 2011 10.00am - 2.30pm

Concord Sports Centre, Shiregreen Lane, Sheffield S5 6AE

A seminar focussing on the needs of the siblings of your child with an autism spectrum disorder 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). Please note that light refreshments only are available on these programmes; please feel free to bring your own lunch if required.

For any queries relating to this help! 2 seminar, please contact us on 0191 568 0732 or [jan.fuller@nas.org.uk](mailto:jan.fuller@nas.org.uk)

## NEW! LEEDS ABC GROUP and LEEDS YOUTH SERVICE SIBLING GROUP

This is a new group for young people attending high schools. It is running at the Strawberry Lane Community Centre, off Tong Road, Armley LS12 1SF from 6.30pm - 8.30pm at a cost of £1 per week. Many different types of activities will be available such as pool, Wii, cookery, arts and crafts, hair and beauty in fact activities will be chosen by the young people that attend. If you are interested or need to know more, please contact [mandycraven.leedsabcgroup@gmail.com](mailto:mandycraven.leedsabcgroup@gmail.com) or [carrietaylor@leeds.gov.uk](mailto:carrietaylor@leeds.gov.uk)

## THE DANDY LION CLUB

A creative arts experience for 14 to 25 year olds with learning disabilities and friends and families. One to one support isn't available but it is an amazing experience.

Sunday 20<sup>th</sup> February from 2pm to 5pm

West Yorkshire Playhouse, Playhouse Square, Quarry Hill, Leeds LS2 7UP

All tickets £5

Tickets can be booked in advance by calling the box office on 0113 2137700. A limited number of tickets are available, so book as soon as possible.



*PUSSYCATS*  
*DISCOTHEQUE*  
*PRESENTS*



A ladies only charity disco

FROM THE '60s TO THE NOUGHTIES!

for

**Leeds ABC Support Group**

*Registered Charity 1023066*

Supporting families dealing with autism  
at

**MILFORD RUGBY CLUB, (just off Kirkstall Road)**

on

**SATURDAY 26th MARCH 2011**

from

**7.30 – midnight**

**RAFFLE AND NIBBLES!**

**Tickets: £5.00**

**ENTRY BY TICKET ONLY**

**CONTACT:** SUSAN on 0113 2579269 (you can leave a message)  
or email: [info@abcleeds.org.uk](mailto:info@abcleeds.org.uk)

## **PICTURE EXCHANGE COMMUNICATION SYSTEM (PECS) 2 DAY WORKSHOP**

PECS is an approach that uses pictures to help develop functional communication skills. It is appropriate for children and adults with a wide range of communication difficulties, including autism. The workshops are appropriate for family members as well as professionals.

14<sup>th</sup> & 15<sup>th</sup> March 2011

Weetwood Hall Conference Centre, Otley Road, Leeds LS16 5PS

Professional: £285 Parent: £148

## **TEACHING COMMUNICATION SKILLS FOR INDEPENDENCE**

This workshop is for professionals and family members interested in developing important communication skills that are essential for ALL students regardless of age, level of learning ability or current communication modality (e.g. speech, PECS, signing). Topics covered include: following visual directions and/or timetables, answering "yes" and "no", learning to wait, asking for help or a break and transitioning between activities. You will learn how to teach these important skills so that the student uses them independently. You will be shown how to use prompts to teach effectively: which ones to use and where and when to use them.

16<sup>th</sup> March 2011

Weetwood Hall Conference Centre, Otley Road, Leeds LS16 5PS

Professional £148 Parent: £80

To book a place on either of the workshops, visit [www.pecs.com](http://www.pecs.com) and book online or print a booking form or ring 01273 609555 (Pyramid Educational Consultants UK Ltd).

## **PARENTS/CARERS WANTED!**

Rebecca Lee, an Occupational Therapy student from Leeds Metropolitan University, is looking to find participants for her research study. She is interested in finding out about the meaningful activities that parents/carers take part in and how caring for a child with autism affects participation in these meaningful activities. The participants must be the main carer and aged between 18-60 years and the child must have autism and be between the ages of 6-12 years. The child will not be part of the study and all information will be kept confidential and anonymous. If you are interested please contact Rebecca Lee on 07891 382863 or [r.lee2485@student.leedsmet.ac.uk](mailto:r.lee2485@student.leedsmet.ac.uk)

## **REFORM of the DISABILITY LIVING ALLOWANCE (DLA): A CONSULTATION**

(Source: Royal Association for Disability Rights - RADAR)

At the Emergency Budget in June, the Chancellor of the Exchequer announced a new DLA assessment to start in 2013. The Department for Work and Pensions (DWP) has published their proposals for consultation.

Key changes include:

- The DLA will be replaced by a "personal independence payment".
- Instead of the "care" and "mobility" component, there will be a "mobility" and "daily living" component.
- The assessment is likely to include a face-to-face meeting with an independent healthcare professional
- The entitlement to the benefit will be regularly reviewed.

RADAR will be responding and they would like your views and experiences. If you would like to take part, please email [campaigns@radar.org.uk](mailto:campaigns@radar.org.uk) before 31 January 2011. The consultation closes on 14<sup>th</sup> February 2011.

<http://www.dwp.gov.uk/consultations/2010/dla-reform.shtml>

DLA Reform Team,  
1<sup>st</sup> Floor, Caxton House,  
Toothill Street,  
London SW1H 9NA

[Consultation.dlareform@dwp.gsi.gov.uk](mailto:Consultation.dlareform@dwp.gsi.gov.uk)

(for alternative formats also)

## Free Adult Autism Strategy Conference: Sheffield

Implementing the Adult Autism Strategy. A free event to raise awareness of the adult autism strategy and to give public sector professionals, people with autism and parents/carers the information they need to implement the strategy locally.

26th January 2011 08.30-17.00

Guest Speakers; Carolyn Heaney, Deputy Regional Director Yorkshire and Humberside, Colm Magee, Sheffield Asperger Team, Lesley Waugh, National Autistic Society Lead on Personalisation, Sara Crookdale, Bury Brokerage Service and many more!

The Megacentre, Bernard Road, Sheffield S2 5BQ

Website: [www.themegacentre.com](http://www.themegacentre.com) Phone: 0114 213 2045 To book your free place contact Karen Roberts:

Email: [karen.roberts@dh.gsi.gov.uk](mailto:karen.roberts@dh.gsi.gov.uk) Telephone: 07776 488546

## Funding news

Leeds ABC have been awarded some funding from Leeds Building Society Charitable Foundation. The funding will be used to purchase some books for children. The books contain stories about Autism, Dyspraxia, Asperger's syndrome, sensory integration disorder, and touch sensitivity. The books will be available at our support group meetings and family swim for families to loan. Further details will follow soon.

We have also been awarded £1000 from the NatWest Community Fund as runners up in a voting poll. Thanks to everyone who voted online for us. Thanks also to Sarah, a parent who first informed us about this scheme.

## ***BACK TO ME AMPLIFIED IS ALL THE BEAUTY IN YOUR EYES***

*Smiles are the jewels in our eyes  
I see your beauty deep inside  
I see all the light and love you are  
When I see I see by far  
All the beauty, not the scars  
Not the anger or attack  
Only what's coming back  
Back to me amplified  
Is all the beauty in your eyes*

***By Daniel White 2010***

***"Supporting each other, learning together"***

Leeds ABC would like to thank the following funders:

