

# ABC NEWSLETTER

Leeds & District Autism, Behaviour, Communication Support Group - Registered Charity  
No. 1023066

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

September - October 2011

Contact us at Leeds ABC, 25 Somerdale Walk, Bramley, LS13 4SF Tel: (0113) 2579269 or email [info@abcleeds.org.uk](mailto:info@abcleeds.org.uk). 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, Susan C. - 2770779 or Vic - 2822797

GROUP MEETINGS	SEPTEMBER	OCTOBER	NOVEMBER
<b>LEEDS ABC (EVENING MEETING) St PETER'S CHURCH (COMMUNITY ROOM, lower floor)</b> Hough Lane, Bramley, LS13 3JF	Tuesday 13 <sup>th</sup> <b>AGM 7pm - 7.45pm</b> followed by support group meeting until 9pm. Drinks and nibbles available!	Tuesday 11 <sup>th</sup> from 7pm to 9pm. There will be a <b>Bodyshop</b> party at this meeting with proceeds going to Leeds ABC.	*Tuesday 8 <sup>th</sup> from 7pm to 9pm. Laminator and materials will be available for you to make resources if you wish to do so.
<b>LEEDS ABC (DAYTIME MEETING) St PETER'S CHURCH (UPPER HALL)</b> Hough Lane, Bramley, LS13 3JF	<b>Due to feedback from successful play workshops, group meetings through the day will be re-introduced in October with play activities.</b>	Tuesday 18 <sup>th</sup> from 10.00am to midday. All children welcome as there will be activities available for them.	Tuesday 15 <sup>th</sup> from 10.00am to midday. All children welcome as there will be activities available for them.
<b>THE NEXT GENERATION YOUTH GROUP</b> High functioning autism or Asperger's age 11-18 yrs Burley Lodge Centre 42-46 Burley Lodge Road, LS6 1QF	Every Wednesday (term time only)  6pm to 8pm	Every Wednesday (term time only)  6pm to 8pm	Every Wednesday (term time only)  6pm to 8pm
<b>PRIMARY YOUTH GROUP</b> High functioning autism or Asperger's age 7-11 yrs. Burley Lodge Centre 42-46 Burley Lodge Road, LS6 1QF		<b>Begins Monday 3rd</b> Every Monday (term time only)  6pm to 8pm	Every Monday (term time only)  6pm to 8pm
<b>KIRKSTALL LEISURE CENTRE</b> Kirkstall Lane, LS5 3BE Family swim in <b>large</b> pool	Saturday 10 <sup>th</sup> from 5pm to 6pm.	Saturday 15 <sup>th</sup> from 5pm to 6pm.	Saturday 12 <sup>th</sup> from 5pm to 6pm.
<b>SIBLING GROUP 11-18yrs</b> Strawberry Lane Community Centre, off Tong Lane, Armley, LS12 1SF	Every Thursday from 6.30pm to 8.30pm	Every Thursday from 6.30pm to 8.30pm - <b>but not open on 13<sup>th</sup> October.</b>	Every Thursday from 6.30pm to 8.30pm
<b>AUTISM/ASPERGER ADVICE SESSIONS</b> 3 <sup>rd</sup> floor meeting room Central Library	Friday 9 <sup>th</sup> from 10.00am to midday.	Friday 7 <sup>th</sup> from 10.00am to midday.	Friday 11 <sup>th</sup> from 10.00am to midday.

**\*Please note that if the weather conditions are very bad and it becomes dangerous to travel, then the meetings will be cancelled. If in doubt check the website or ring 0113 2579269**

## **EPIC**

EPIC Leeds is a parent/carer forum that aims to empower parents/carers to work in partnership with services, organisations and professionals. EPIC Leeds also aim to improve choices for children and young people with additional needs, their families and carers. Their next meeting for parents/carer is on **Tuesday 20<sup>th</sup> September** from 10.00am to 11.30am at Armley Years Centre, Chapel Lane, Leeds LS12 1UT. For more information, telephone 0788 972 403 or email [info@epicleeds.org.uk](mailto:info@epicleeds.org.uk)

## **EPIC ROADSHOW**

EPIC are hosting an information event on the **13<sup>th</sup> October** from **6-8pm** at the Denis Healey Centre, Foundry Mill Street, Seacroft LS14 6RD. Leeds ABC volunteers will be providing activities to keep the children busy!

## **ROTHWELL AND SOUTH LEEDS AUTISM AND ASPERGER SUPPORT GROUP**

This group meet on the **first Friday** of every month from 6-8pm at Rothwell Parish Centre, Church Street, Rothwell LS26 0QL behind the Swan Pub. For more information, telephone Beth on 0113 2824479 or email [rothwell.autism@hotmail.co.uk](mailto:rothwell.autism@hotmail.co.uk)

## **HALF TERM FUN DAY**

Leeds ABC is having a family/fun meet up session during the October half term holiday on **Wednesday 26<sup>th</sup> October** from 11.30am to 2.30pm in the **Upper Hall of St Peter's Church Hall**, Hough Lane, Bramley, Leeds LS13 3JF. There will be lots of activities and please bring lunch along with you. For more information please contact Mandy Craven on 0113 2795142/07769317744 or Email: [mandycraven.leedsabcgroup@gmail.com](mailto:mandycraven.leedsabcgroup@gmail.com)

## **LEEDS ABC YOUTH GROUP**

The 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 aged 11-18 years at a cost of £3 per week. We have a team of young, enthusiastic volunteers who are all CRB checked. Activities include arts and crafts, games, social skills sessions, specialist workshops and occasional trips out. For further information contact Leeds ABC Vice Chairperson, Mandy Craven on 0113 2795142/07769317744 or Email: [mandycraven.leedsabcgroup@googlemail.com](mailto:mandycraven.leedsabcgroup@googlemail.com)



## **NEW PRIMARY YOUTH GROUP**

This group will begin on **Monday 3<sup>rd</sup> October** and continue on Mondays (term time only) at THE BURLEY LODGE CENTRE, 42-46 BURLEY LODGE ROAD, BURLEY, LS6 1QF. It is for children aged 7-11 years with high functioning autism or Asperger's Syndrome at a cost of £3 per week. All the volunteers are CRB checked and activities include arts and crafts, games, social skills sessions and specialist workshops. The children attending will work together to choose a name for the group and design a logo. For further information contact Leeds ABC Vice Chairperson, Mandy Craven on 0113 2795142/07769317744 or Email: [mandycraven.leedsabcgroup@googlemail.com](mailto:mandycraven.leedsabcgroup@googlemail.com)

## **LEEDS ABC GROUP and LEEDS YOUTH SERVICE SIBLING GROUP**

This is a 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 every Thursday, at a cost of £1 per week. Many different types of activities will be available such as pool, Wii, cookery, arts and crafts, 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)

## **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.

## **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 libraries across Leeds. Anyone 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:

<b>Armley</b>	<b>Beeston</b>	<b>Bramley</b>	<b>Central</b>	<b>Chapel Allerton</b>
<b>Chapelton</b>	<b>Compton Road</b>	<b>Crossgates</b>	<b>Dewsbury Road</b>	<b>Garforth</b>
<b>Guiseley</b>	<b>Halton</b>	<b>Headingley</b>	<b>Holt Park</b>	<b>Horsforth</b>
<b>Middleton</b>	<b>Moor Allerton</b>	<b>Morley</b>	<b>Oakwood</b>	<b>Otley</b>
<b>Pudsey</b>	<b>Rothwell</b>	<b>Seacroft</b>	<b>Wetherby</b>	<b>Yeadon</b>

For further information visit, [www.leeds.gov.uk/boardmaker](http://www.leeds.gov.uk/boardmaker) or contact the Learning Co-ordinator, Jason Tutin on: (0113) 3952357 or email: [jason.tutin@leeds.gov.uk](mailto:jason.tutin@leeds.gov.uk)

### **HELP! COMMON TOILETING DIFFICULTIES PARENT SEMINAR**

A one day Family Support Seminar that provides information and advice to families of children and young people affected by Autism aged 0-18 years. This seminar will support families to: look at bladder and bowel function; assess for toilet training readiness; introduce basic toilet training programmes. Other difficulties that children with an Autistic Spectrum Condition may experience regarding toileting including constipation, smearing, fear of using the toilet and sensory issues associated with this will also be covered. Families are able to book two places for £30 and this includes a full resource pack of useful information, advice and support guidelines. Help! Common Toileting Difficulties is delivered by experienced and trained professionals of The National Autistic Society (NAS).

Date of Event: **Tuesday 20<sup>th</sup> September 2011** from **10.00am - 2.30pm**

Venue: Stanningley Rugby Club, Arthur Miller Stadium, Coal Hill Drive, Leeds LS13 1PA

For further information or to book a place, please contact the help! Family Service Programme Administrator on 07425 624 592 or email [help.programme@nas.org.uk](mailto:help.programme@nas.org.uk)

### **HELP! TEEN LIFE PARENT SEMINAR**

A one day Family Support Seminar that provides information and advice to families of children and adults affected by Autism. The programme will cover: Autism in the teenage years; education and transition; accessing local authority support; benefits now and in the future; things to think about in the teenage years. Families can book two places on a one day help! Teen Life programme for £30 which includes a full resource pack of information, advice and support guidelines. The programme is delivered by experienced and trained professionals of the NAS.

Date of Event: **Thursday 20<sup>th</sup> October 2011** from **10.00am - 2.30pm**

Venue: NAS Earlybird Centre, Barnsley Road, Dodsworth, Barnsley S75 3JT

For further information or to book a place, please contact the help! Family Service Programme Administrator on 07425 624 592 or email [help.programme@nas.org.uk](mailto:help.programme@nas.org.uk)

### **PICTURE EXCHANGE COMMUNICATION SYSTEM (PECS) BASIC TRAINING**

This workshop is the basic accredited training in PECS and recommended for parents as well as practitioners.

What you will learn:

- everything you need to know to begin successfully implementing PECS
- the theoretical background, including how to develop effective educational environments
- a review of visual strategies useful for communication
- the six phases of PECS, where to start and when to move on
- strategies for motivation your child/student to communicate
- how to move from a single picture exchange to sentences
- how to teach picture discrimination with two or more pictures
- the criteria for transitioning from PECS to other communication modalities

Date of Event: **Thursday and Friday 29<sup>th</sup> & 30<sup>th</sup> September 2011** from **9.00am - 4.30pm**

Venue: Holiday Inn Royal Victoria, Sheffield PE3 6SG

Cost: Parent - £148 Practitioner - £285 (prices include VAT, course materials, refreshments and lunch).

For more information or to book, check [www.pecs.com](http://www.pecs.com) or telephone 01273 609 556

### **DONNA WILLIAMS**

Since July of this year Donna Williams (renowned adult with autism) has been fighting breast cancer and started chemo at the end of August. She is selling off her art works so that she can get motivated

to paint some more in an effort to distract herself from the physical challenges of the chemo. Her online gallery is at <http://www.donnawilliams.net/Gallery/Available/index.html>

### **WENDY LAWSON - MANAGING "CHANGE" & TRANSITION IN AUTISM SPECTRUM CONDITION**

Life is full of change and transition. Individuals with autism particularly find "change" difficult. Building awareness, understanding and strategy to cope with "change" is essential if we are to decrease anxiety and promote confidence in individuals on the Autism Spectrum. This workshop explores the idea that using obsession, rather than removing it, might be constructive in dealing with "change". Dr Wendy Lawson is an adult with high functioning autism, presents internationally and is well published having written numerous papers and books. Wendy explores the influence of individual neurological development with reference to impact upon learning styles.

Date of Event: **Monday 19<sup>th</sup> September 2011** from **7.00pm - 9.00pm**

Venue: York Cricket & Rugby Union Football Club, Clifton Park, Shipton Road, York YO30 5RE

Cost: Practitioner - £25 Parent - £15 People on the Spectrum - £5

To book a place or for more information, email [YorkshireandHumberside@nas.org.uk](mailto:YorkshireandHumberside@nas.org.uk)

### **BME CARERS RIGHTS LEARNING DAY FOR RELATIVES OF ADULTS WITH A LEARNING DISABILITY**

Learn about how to get the best for yourself and your relative. Home Farm Trust's (Hft) Family Carer Support Service (FCSS) will run a set of learning days in the Autumn (learn more on the day).

Date of Event: **Wednesday 14<sup>th</sup> September 2011** from **10am - 2.30pm**

Venue: Technorth Family Learning Centre, Unit 2 Peoples Place, Harrogate Road, Leeds LS7 3NB

There are interpreters available and a free Halal lunch.

If you would like to attend contact: Aqila Choudry, People in Action, tel: 0113 2470411 or Sue Davies at Hft's FCSS tel: 0117 9061751 or email: [susan.davies@hft.org.uk](mailto:susan.davies@hft.org.uk)

Hft is a national charity that supports people with learning disabilities and their families. The Family Carer Support Service (FCSS) provides a friendly, national support service for family carers who have relatives with learning disabilities, run by a team of family carers and experienced support staff.

Anyone is free to contact FCSS - all its services are free to family carers. For more information about the FCSS and its work go to [http://www.hft.org.uk/Family\\_Carer\\_Support](http://www.hft.org.uk/Family_Carer_Support) or call 0117 9061751

### **EXPERT PATIENTS PROGRAMME - SUPPORTING PARENTS OF DISABLED CHILDREN AND CHILDREN WITH HEALTH PROBLEMS - FREE 6 WEEK COURSE FOR PARENTS AND CARERS**

The course is for parents/guardians/carers of disabled children and children with long term health conditions or special needs. The course covers: sharing feelings, learning from each other, coping with distressing thoughts, breathing exercises, making action plans which work for you, exercise and getting fitter, relaxation, healthy eating and nutrition, improving family communication, parenting approaches, dealing with tiredness, using problem solving skills in your daily life, making informed choices, working with professionals.

The sessions are once a week and last for two and a half hours, including a break for refreshments which are supplied. You can join in with as much or as little of the group discussions. They are about meeting people, having fun, feeling and coping better. The course provides tried and tested skills that help you to cope better and improve family health and quality of life. Help with reasonable travel and care costs will be given.

The course will take place at the Mencap Hawthorne Family Centre, East End Park, LS9 9N. It will begin on Tuesday 27<sup>th</sup> September from 10.30am - 1.00pm and run until Tuesday 8<sup>th</sup> November with a break on Tuesday 25<sup>th</sup> October. To register or for more information, please phone 8434548 or 07944299403 or email [epp.account@nhsleeds.nhs.uk](mailto:epp.account@nhsleeds.nhs.uk)

### **THE FAMILY FUND**

The Family Fund helps families across the UK who are raising a child or a young person with a disability or additional complex needs or a serious illness. You can apply to the Family Fund if: \*you live in England, Northern Ireland, Scotland or Wales, \*you are the parent or carer of a disabled or seriously ill child or young person aged 17 or under, \*you have evidence of your entitlement to one of the following: Child Tax Credit, Working Tax Credit, Income Based Job Seekers Allowance, Income Support, Incapacity Benefit, Employment Support Allowance, Housing Benefit and Pension Credit. If you don't receive any of these benefits, further information may be needed to complete your application. \*You have permanent legal residency in the UK and have lived in the UK for six months.

Help from the Family fund is discretionary and subject to available funding. The Fund also retains discretion to decline an application where a family has a significant level of capital. They are unable to help children and young people in local authority care, including those living with foster carers. Where a statutory agency has a responsibility to pay for the item needed, the Fund cannot help.

### **INCREDIBLE YEARS; A COURSE FOR PARENTS**

**Who is it for?** Do you have a child aged 3-12 years?

**What's on offer?** A known parenting programme that works – Incredible Years (Webster-Stratton), learning new skills and meeting other parents, support from group leaders during and after the group. **What does the group cover?** 14 weekly sessions covering boundaries, praise, play and how to deal with difficult behaviour. **When?** Coffee morning/introduction to other parents and group leaders on **Thursday 29<sup>th</sup> September** at 9.15am. **Where?** Meadowfield Children's Centre, Community Room, Halton Moor, LS9 0EY. For more information or to book a place, please ring either Jo on 0754 560 4372 or Debs on 0754 560 0433.

### **THE VERVE CLUB: A MONTHLY CREATIVE ARTS CLUB FOR 16-19 YEAR OLDS WITH ASPERGER'S**

The Verve Club is a new arts club run by Opera North in partnership with Breeze International Youth Festival and Turtle Key Arts. Sitting alongside *Verve*, Opera North's weekly project for Asperger's Syndrome, *The Verve Club* gives young people aged 16-19 the opportunity to participate in a range of creative activities including drama, music, design and film-making. The club aims to develop young people's skills, build confidence and provide a great environment for making new friends and creating new work. You will have a chance to:

- work with an array of professional artists
- try out different arts activities
- meet new people and make new friends
- produce and perform a brand new piece of creative work at the end of the new project

**When?** First session: Saturday 24<sup>th</sup> September 2011 from 10.00am – 1.00pm (from then on sessions will take place once a month on a Saturday).

**Where?** Opera North (46 New Briggate, LS1 next door to the Grand Theatre).

To reserve your place on the project or for more information, please contact either Jo on: [jo.bedford@operanorth.co.uk](mailto:jo.bedford@operanorth.co.uk) or 0113 3993202 or Alex on [alexandra.bradshaw@operanorth.co.uk](mailto:alexandra.bradshaw@operanorth.co.uk) or 0113 2233581

### **Me2 INCLUSIVE YOUTH DANCE COMPANY FOR YOUNG PEOPLE AGED 11-24 WITH AND WITHOUT DISABILITIES**

Whether you've danced before or not, you will be welcome. You will get to learn a fun new skill, meet some new people and take part in some very exciting performances! The sessions are every Friday 6.30pm – 8.00pm during term time at the Northern School of Contemporary Dance, Chapeltown Road, Leeds LS7 4BH. The cost of each session is £3 and they start on **Friday 16<sup>th</sup> September 2011**. For more information or to book a place, please contact Karen at MeshDance on 0777 9152 574 or [meshdance@gmail.com](mailto:meshdance@gmail.com)

### **LEEDS ADULT AUTISM STRATEGY**

Reference groups for people with autism and family carers are to be developed to feed into the work of an Autism Partnership Board. Two meetings will be held to discuss what form these groups will take. As wide a representation of views as possible is welcome. There will be two meetings:

**Carer's Meeting:** Monday 12<sup>th</sup> September: 1pm – 3pm: Leeds Civic Hall – Room 1

**Meeting for Adults with Autism:** Tuesday 20<sup>th</sup> September: 1pm – 3pm: Leeds Civic Hall – Room 1

If you are interested in attending, contact Louise Mills on 0113 2478894 or [Louise.Mills@leeds.gov.uk](mailto:Louise.Mills@leeds.gov.uk)

### **WHAT IS GOOD PRACTICE IN AUTISM EDUCATION?**

This is a new report funded by the Department of Education. The Autism Education Trust commissioned a team led by Professor Tony Charman at the Institute of Education in London to produce the report. It identifies key themes and recommended practices which all schools can adopt to improve their education practice for pupils on the autism spectrum. The report aims to provide schools with a blueprint for effective practice in autism education. *What is Good Practice in Autism Education?* Can be downloaded at: [www.autismeducationtrust.org.uk](http://www.autismeducationtrust.org.uk)

### **It's a Kind of Magic**

It's in magic but isn't a trick  
It won't try to fool you or restrict  
It's in freedom and in love  
It's in everyone of us  
Never ending though sometimes it might seem  
Like it is nowhere and can't be seen  
But now I realise it's just a thought away  
And now I have it, that magic again

**By Daniel White**

### **TIME TO FACE THE MUSIC...**

Leeds ABC would like to thank all those who took part in and came to see the drama project "**Time to face the music...**" It was absolutely brilliant and thoroughly enjoyable and a wonderful showcase

for the talents of our young people. A special thanks to Mandy Craven whose brainchild it was and whose hard work made it all come together.

## **THANKS**

Leeds ABC would like to thank all those who have been kind enough to send donations and who have fundraised on our behalf. We are extremely grateful. Whilst all of us that work for Leeds ABC are volunteers, we still need financial support to keep going. Thank you to all of you that sent tokens. Leeds ABC would also like to thank Catherine Holme for her past work as Information Officer and wish her well.

## **EXTRA BITS!**

- Our Ladies Disco next year will be on Saturday 24<sup>th</sup> March 2012 so put it in your diary now!
- Yellow Moon fundraising catalogues will be available soon.
- The Next Generation Youth Group has designed some wonderful Christmas Cards and these will be on sale as a pack of 10 for £3 pounds made up of 2 designs. You will very soon be able to purchase these at any of our meetings or group activities. If you are unable to attend then please get in touch with us (0113 2579269 or [info@abcleeds.org.uk](mailto:info@abcleeds.org.uk)) and we will endeavour to post them out to you.
- There is a rumour going around saying that Leeds ABC (Autism, Behaviour and Communication) is going to open a school in Pudsey. We're not! The Lighthouse Team are hoping to open an autism specific secondary school based on ABA (Applied Behavioural Analysis) in Pudsey.
- Over to you! It would be great if some of you could write a piece for the newsletter. Something that you find interesting or something that you think others should know about or something that you feel should be open for discussion. It's over to you!

***“Supporting each other, learning together”***

