

ABC NEWSLETTER

Leeds & District Autism, Behaviour, Communication Support Group - Registered Charity No. 1023066
www.abcleeds.org.uk

January – February 2013

“Supporting each other, learning together”

Contact us at Leeds ABC, 25 Somerdale Walk, Bramley, LS13 4SF Tel: (0113 2579269 – a message can be left on this number) or email 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	JANUARY	FEBRUARY	MARCH
LEEDS ABC - EVENING MEETINGS St PETER'S CHURCH (COMMUNITY ROOM, lower floor) Hough Lane, Bramley, LS13 3JF	Tuesday 8 th January 7pm – 9pm	Tuesday 12 th February 7pm – 9pm	Tuesday 12 th March 7pm – 9pm
LEEDS ABC - DAYTIME SESSIONS	Wednesday 20 th February from 11am to 2pm in the upper hall at St Peter's Church – front entrance.		
NEXT GENERATION YOUTH GROUP 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
PRIMARY YOUTH GROUP High functioning autism or Asperger's age 7-11 yrs. Burley Lodge Centre 42-46 Burley Lodge Road LS6 1QF	Every Monday (term time only) 6pm to 8pm	Every Monday (term time only) 6pm to 8pm	Every Monday (term time only) 6pm to 8pm
KIRKSTALL LEISURE CENTRE Kirkstall Lane, LS5 3BE Family swim in large pool	Saturday 26 th from 3.30pm to 4.30pm.	Saturday 23 rd from 3.30pm to 4.30pm.	Saturday 16 th from 3.30pm to 4.30pm.
AUTISM/ASPERGER ADVICE SESSIONS 3 rd floor meeting room Central Library, Leeds	Friday 11 th from 10.00am to midday	Friday 1 st from 10.00am to midday.	Friday 1 st from 10.00am to midday. Friday 22 nd from 10.00am to midday. Two dates in March because of the Easter holidays

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.leedsabcgroupp@googlemail.com



PRIMARY YOUTH GROUP – THE FIRST GENERATION

This group is 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.leedsabcgroupp@googlemail.com

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.

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 20p 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

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.

VERVE 1 & VERVE 2

Verve 1& Verve 2 are groups for 10-15 year olds with Asperger's Syndrome, enabling them to participate in a range of creative activities including drama, music and design. Both projects aim to develop young people's skills, build confidence and provide a positive environment for making new friends and creating new work. They are taking place every Saturday morning (Verve1) and afternoon (Verve 2) during term time from January through to March 2013 at Opera North – 46 New Briggate, LS1 6NU (next door to the Grand Theatre). There are some places left. If you are interested or would like some more information (please don't just turn up), please contact:

jo.bedford@operanorth.co.uk or telephone 0113 3993202



**PUSSYCATS
DISCOTHEQUE
PRESENTS**



A ladies only charity disco
for

Leeds ABC Support Group

Registered Charity No. 1023066

Supporting families dealing with autism

at

**STANNINGLEY RUGBY CLUB,
Coal Hill Drive, LS13 1PA**

on

SATURDAY 23rd MARCH 2013

from

7.30pm - midnight

RAFFLE AND NIBBLES!

Tickets: £5.00

ENTRY BY TICKET ONLY

CONTACT: Susan McDonagh on 0113 2579269 (you can leave a message) or email: info@abcleeds.org.uk

(Source: Carers Leeds)

Last Thursday of the month from 10.30am to midday at St. Chad's Parish Centre, Otley Road, Far Headingley, Leeds LS16 5JT. For more information call Angie at Carers Leeds on 0113 3804301.

CAP MONEY COURSES

Money affects almost every aspect of our lives, it seems even more so now, and if you are having difficulties, CAP helps you to learn how to manage your money by taking hold of the basic principles and then making sensible decisions. They are 3 week courses where you will learn how to live on a budget from week to week using cash via the CAP money system. All CAP money courses are free and if you are interested, please go to the CAP website and see where there is a course near you www.capmoney.org

NON-EMERGENCY POLICE NUMBER

From the Police: If you are reporting an **Emergency** ring **999** and the Police will arrive as soon as possible. Examples are where there is danger to life, threats of violence or offenders are still in the area. Please do not ring 999 if it is not urgent as you may prevent other calls being answered. If you are reporting a **non-emergency** Police incident ring **101**. We would grade the call and tell you what we'll do to help. It might be that we aim to get to you in 60 minutes or you may be called back and have your call dealt with over the phone or an appointment may be arranged at your convenience. It would depend on the nature of your call. This number is available 24 hours a day, 7 days a week.

NASEN/DfE funded SENCO TRAINING

This will be taking place on 21st March 2013 at the Novotel Hotel in Leeds City Centre. To find out more or to book a place, go to www.nasentraining.org.uk

AWARES ONLINE CONFERENCE**(Source: Adam Feinstein)**

The first presenter of the series of monthly one-day online autism conferences is Professor Simon Baron-Cohen, one of the best-known and most highly respected names in the world of autism research. His paper is available to read now at www.awares.org/conference once you have registered and the Professor will be online all day from 9am on January 31st 2013 to answer questions. Simon Baron-Cohen as well as holding many posts of importance, is a renowned author of many books including Mindblindness; Autism: The Facts; Teaching Children with Autism to Mindread and a DVD-ROM, Mind Reading: The interactive guide to human emotions.

For more information about this and all other AWARES online autism conferences, please contact Adam Feinstein at adam@autismcymru.org

PECS BASIC TRAINING

Picture Exchange Communication Systems (PECS) is an approach that uses pictures to develop communication skills. It is appropriate for children and adults with a wide range of learning and communication difficulties including autism. This two day workshop is the basic accredited training in PECS and is recommended for family members as well as professionals. Every attendee will receive a PECS manual.

March 14th/15th – Weetwood Hall Conference Centre & Hotel

Professional: £315 Parent: £174

A TEACHER'S GUIDE TO ORGANISING & MANAGING THE CLASSROOM

This one day workshop is particularly appropriate for all professionals working with primary and secondary students and experience with PECS is beneficial. This presentation provides educators with many practical strategies for maximising teaching time for their learners with autism and complex communication difficulties. You will learn to motivate students, promote communication, make the best possible use of your time in the school day, develop meaningful activities and lessons, organise the classroom setting and materials to improve educational performance and use PECS to access the national curriculum.

March 13th – Weetwood Hall Conference Centre & Hotel

Professional: £159 Parent: £85

THE BUZZ SPECIAL NEEDS CAREERS CONVENTION

The Buzz Convention is aimed at young people with learning, emotional or behavioural difficulties for both special and mainstream settings. It is being organised by Connexions Leeds (Prospects) and will take place at the John Charles Centre for Sport, Middleton Grove, Leeds LS11 5DJ on Tuesday 5th February 2013.

SEN MARKETPLACE 2013

This year's SEN MARKETPLACE will take place at Elland Road (LUFC) on Tuesday 12th March 2013 from 10.00am to 4pm. For more information please contact EPIC Leeds on 07889 728 403 or info@epicleeds.org.uk

PLANNING FOR THE FUTURE

MENCAP are running a FREE 2 hour seminar for families and carers, with information and advice provided by a specialist local legal professional. Planning for future events are helpful for people wishing to know more about providing for a loved one with a learning disability or special need in their will or the benefits of setting up a trust.

Thursday 21st March 2013 from 6.30pm – 8.30pm
St George's Centre, Great George Street, Leeds LS1 3BR

To book a place, please call Gina on 020 7696 6925. For more details visit www.mencap.org.uk/pffe

ADAPTED CYCLING AT HERD FARM

There is now a purpose built outdoor cycling area in North Leeds based at the Herd Activity Centre, Eccup Reservoir, Harrogate Road, Leeds LS17 7RJ and there is an opportunity to use this resource every Saturday from 2pm-3.30pm, up until the end of March at £2 per session. The sessions are open to anyone with any disability between the ages of 10-25 years. Their siblings and friends are also welcome.

FREEDOM FAMILY HOLIDAYS 2013 – EAST DENE

This family holiday venue on the Isle of Wight offers 3 weeks a year (from 3rd – 24th August 2013) specifically to families who have children and young people with autism. East Dene is a Victorian Mansion House with its own Coach House, 10 acres of woodland and gardens and overlooks the sea. It's tucked away in the village of Bronchurch, has a clear boundary and is away from the roads. An optional programme of activities from swimming in the heated outdoor pool to trampoline, t-shirt design, games in the woods, campfires and barbecues. The Inclusion Zone provides a safe play area with a variety of play equipment. *"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".*

If you are interested please phone 01983 852374 or email centre@eastdene-iw.co.uk

LEEDS COMMUNITY FOUNDATION - LOCALGIVING.COM

Localgiving.com is a not-for-profit organisation helping small local charities and community groups to reach more supporters, raise more money and help more people.

Leeds ABC is a **totally voluntary** autism specific group and we work very hard to make a real difference to the families that we make contact with.

It is becoming much harder to find the funding to keep going and that is why we have set up a page on localgiving.com, a great website for local charities like ours that enables you to help us to continue to make that difference. It's a place where even a small amount is truly appreciated and can really help us to keep going.

If you feel that you can make a donation please go to:

localgiving.com/Leeds ABC

Many thanks!

POEM by CAMERON WHITE (who attends The Next Generation Youth Group)

It's about being someone,
Being there, doing that,
Sharing the Social Interaction people lack with struggle,
Joining to make an evolution of friendship,
Geared up with exciting activities,
And that special feeling you get inside when you know you can do something,
Something which seem impossible, but possible.
Friends,
You journey through humour and laugh so hard it hurts your gut,
Screaming as you run into the pool of random art,
And smile.
We are all unique, but the same,
We all have a great time, and reach the enjoyment aim,
And we reach it,
And we smile.
And I lie here, looking through these arts of photos,
Smiling at all the photos of memories we share,
And I'm happy to have been there.
If it wasn't for ABC,
I wouldn't be me.

ONLINE COURSES

The National Autistic Society (NAS) in conjunction with the Institute of Child Education and Psychology (ICEP) are offering two online courses that run 3 times a year at a cost of £230. One is **Autism: best practice interventions and support** which examines the key aspects of autism spectrum disorders, looking in detail at diagnosis, assessment and effective intervention and **Asperger syndrome: insights and interventions** which will give an insight into the experiences of children and young people with Asperger syndrome. Both courses will entail 20 hours of self-paced study for maximum ease and flexibility, expert support from experienced ICEP practitioners and NAS tutors, access to ICEP technical support by telephone and email, an interactive learning community and a certificate of Continuing Professional Development upon successful completion. An online application form can be completed on the NAS website www.autism.org.uk/our-services/training-and-consultancy/online-courses.aspx or call ICEP Europe on 0208 354 7592 or email info@icepe.eu or visit www.icepe.co.uk

ICEP have also joined forces with LEEDS METROPOLITAN UNIVERSITY to offer the Online Special Educational Needs Certificate of Higher Education in SEN (Level 6) and the Advanced Diploma in SEN (Level 4). The new suite of online modules is equally relevant for teachers, teaching assistants as well as other professionals and parents/carers of those with special educational needs. The modules are Dyslexia, Autism, ADHD, Social Emotional and Behavioural Difficulties, Inclusive Education and Collaborative Practice and finally Learning Difficulties and Disabilities. You can customise your own programme by choosing which combination of modules you take and in what order. The online delivery and modular structure gives you the flexibility to study when and where it suits and offers access to quality, affordable and specialist training regardless of location. Cost per module is £666. Fees are payable per module on a pay as you go basis. To download an application form visit www.icepe.co.uk and for further information, please contact: Nick Mitchell at n.n.mitchell@leedsmet.ac.uk or 07585 795290 or Alison Duff at a.duff@icepe.eu or 020 8357 7592



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