

# October 28 Newsletter

# ASD Family Help



## Newsletter!

ASD Family Help believe information should be available to all. As a result we do not charge a membership fee and can only continue our work with your support!

Welcome to our October/November 2011 Newsletter.

Last Saturday we had a very successful Bowl & Laser Quest event in Wokingham. Another one is currently being planned in voluntary time for a date in the New Year - date TBA.

Other events and activities are also being planned in voluntary time. As soon as we have confirmation of these events we will publish these on our website.

[www.asdfamilyhelp.org/events](http://www.asdfamilyhelp.org/events)

We welcome any events, news, information that people want to share. Please inform us before 1st of each month, so that we can include your items in the next newsletter.

We have included the 'Forthcoming Events' to enable you to have a bigger picture of what is available locally.

We hope you enjoy the newsletter and find the contents useful, For further information please visit our website [www.asdfamilyhelp.org](http://www.asdfamilyhelp.org)

*Cathy Roberts*



**Do your online shopping via our WEBSHOP and help raise funds for ASD Family Help:- [www.buy.at/ASDFamilyHelp](http://www.buy.at/ASDFamilyHelp)**

Donations can be made at <http://localgiving.com/charity/asdfamilyhelp>

## Events at a Glance November & December

Self Advocate Workshop -  
Tuesday 1st November

ASD Family Help Evening Drop-  
In & Coffee - Wednesday 2nd  
November

Two Left Feet Dance For All -  
(various dates)

The Big Film Club Thursday 3rd  
November (various dates)

ASDFH Bulmershe Monday Carers  
Club - Monday 14th November  
(various dates)

Friday Alternative mid month  
meeting - Tuesday 8th November

ASD Family Help Male Carers  
Bowl and Meal - Saturday 12th  
November

ASDFH Bulmershe Monday Carers  
Club - Monday 14th November  
(various dates)

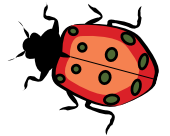
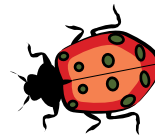
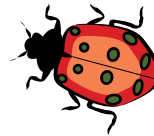
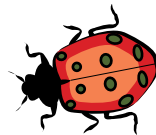
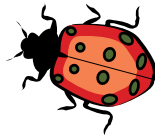
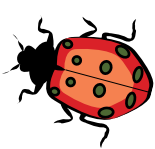
Free Talk by Dean Beadle -  
Saturday 19th November

Friday Alternative - Friday 25th  
November

ASD Family Help-In & Coffee -  
Wednesday 7th December

ASD Family Help Male Carers  
Overnight Hotel Break - Saturday  
10th December

# ASD Family Help: News & Funding



## Self Advocate Workshop - Tuesday 1st November

The theme for this workshop is Keeping Safe. Please note it is in a different room to usual. The workshop will take place in the Rose Room (on the ground floor) the entrance is via the Methodist Church on Rose Street. This workshop is aimed at people with learning disabilities and their supporters. There will be some guests from Ravenswood Village helping run the workshop. They will be telling the group what they have learned about safety as part of the 'Keep Safe, Keep Well' course. Also, the Council are currently running a consultation to gather residents' views of crime and anti-social behaviour in the borough. The meeting will be supporting members to complete this survey, in order to ensure the Council hears the experiences of the learning disability community. Click <http://www.asdfamilyhelp.org/news.html> to see the flyer

## The Big Film Club Thursday 3rd November

A cinema club for grown-ups with additional needs at the Vue Cinema in Reading. The film is Real Steel cert.12A, you can click <http://www.asdfamilyhelp.org/news.html> to view a flyer about the film. The film starts at 1230, you are advised to arrive by 1200. Click <http://www.asdfamilyhelp.org/The%20Big%20Film%20Club.html> for full details of The Big Film Club,

## Free Talk by Dean Beadle - Saturday 19th November

Wokingham Borough Council's ASSIST team are inviting parents of a child/young person with autism and young people with Asperger syndrome/high functioning autism to a talk by Dean Beadle. You can click <http://www.asdfamilyhelp.org/news.html> to view a flyer

## Inspire Me - Saturday 19th November

On Saturday 19th November National Mencap are running a Family Information Event for people with learning disability aged 16-25yrs and their families. There will be a market place offering advice and information, and presentations around personal budgets, health, education and transition, short breaks and housing. There will also be a workshop around managing money. The event will be held at the St Andrews United Reformed Church, London Road, Reading, RG1 5BD from 9am-4pm. Refreshments and lunch will be provided and the venue has free parking. Click <http://www.asdfamilyhelp.org/news.html> to view a flyer or email [zoe.casey@mencap.org.uk](mailto:zoe.casey@mencap.org.uk) for more information.

## Wokingham Walkabouts

Support Horizons are starting a new walking group on Mondays, from 10am-1pm, visiting local countryside and parks. This walking group is open to all vulnerable adults and will cost £20 which includes transport and support. For more details call Paul at Support Horizons on tel: 0118 989 3959 Click <http://www.asdfamilyhelp.org/news.html> to see the flyer.

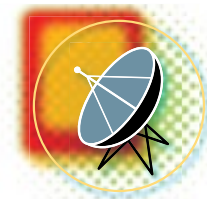
## "Fizz" Halloween holiday sessions

Support Horizons will be running 2 Halloween themed sessions during half term week. On Monday 24th October, 10am-4pm at the Bradbury Centre, there will be costume making and pumpkin carving plus more. Then on Friday 28th October, they are holding a Halloween evening event, starting at 5pm at the Support Horizons office and moving on to the Spin Night Club. There will be face painting, games and clubbing in fancy dress! To book your place and find out about costs, more details etc, please ring Support Horizons on tel: 0118 989 3959 Click <http://www.asdfamilyhelp.org/news.html> to see the flyer.

Do your online shopping  
via our WEBSHOP and  
help raise funds for ASD  
Family Help

[www.buy.at/ASDFamilyHelp](http://www.buy.at/ASDFamilyHelp)

# More News...



## Inclusion and Special Educational Needs Lecture Series - starts Wednesday 19th October

A series of free talks running through to March 2012, these are organised by Reading Borough Council and they are happy to open them up to out-of-borough parents and professionals. Booking is essential. You can click <http://www.asdfamilyhelp.org/news.html> to view a flyer

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## NEW - WBC Safe Communities Survey

The Council is running a survey to find out what people think about crime and anti-social behaviour in the Wokingham Borough and to find out what is really going on with local people. If you live in the area, please contribute to the survey. You can find a link to the online survey by clicking <http://www.asdfamilyhelp.org/news.html> or you can get some paper copies and pre-paid envelopes by contacting Carla on: [carla.chappell@wokingham.gov.uk](mailto:carla.chappell@wokingham.gov.uk) The survey will run until 11th November and we will be part of the Self Advocate Workshop on Tuesday 1st November where the theme will be 'Keeping Safe'.

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## Aspergers and Autism Event

Autism Oxford are holding 2 conferences around Aspergers & Autism on Tuesday 25th October, 1-4pm in Oxford, and Saturday 29th October, 1-4pm in Milton Keynes. The event will give an insight into living with autism and strategies and ideas for people working/living with autistic children and adults. Tickets cost £30 +VAT, or £20 +VAT for people with ASC and family members. To book online, click <http://www.asdfamilyhelp.org/news.html> or for more information and details of venues, email: [info@autismoxford.org.uk](mailto:info@autismoxford.org.uk).

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## Aiming High Trip to Reading v West Ham football match - Saturday 10th December

This activity is specifically for Children and Young People living in Bracknell Forest with Physical disabilities and/or complex health needs, ASD and severe learning disabilities or challenging behaviour. Click <http://www.asdfamilyhelp.org/news.html> to See the flyer.

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## ASD Family Help Ladies 'On The Town' Event - Saturday 3rd December 7pm til late

A ladies only (Female Parents / Carers / Adult Siblings) evening out.

22 ladies voted, and the winner is:-

Wokingham pub & Meal. Sat 3rd December, 7pm til late

Therefore I would suggest that you meet at 7pm at the Bar (pub area) within the Wokingham Bowl - only because it is easy to find and is very unlikely to be busy.

Can I suggest that any ASD F H Lady Volunteers, that are going, wear their badge to meet at 7pm - therefore anyone that is unsure - will recognise the badge and know they are in the right place. (Carrying a red rose, might be slightly odd!!!!)

At the moment we have no funding for this, but as with the men's social events it took almost a year of proving the need, until we were able to access monies to reduce costs.

If you could confirm back that you will be attending, a mobile contact number, and if anyone may need a lift, then I can do a list of who's expected.

Remember that this is a Social Event, and not a support meeting, so enjoy yourselves not discuss your ASD person!

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## Energy Debt Help - Warm Home Discount

Energy companies are helping some customers on low incomes this winter with a £120 discount. To find out if you are eligible, ring your energy supplier (the phone number will be on your bill) as soon as possible, because this discount is on a first come, first served basis.

Also the British Gas Energy Trust may be able to offer some financial assistance, you can apply to the Trust if you are in need, hardship or other distress, and particularly if you are unable to meet or pay charges for your supply of domestic gas or electricity services. Click <http://www.asdfamilyhelp.org/news.html> to go to the application form.

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## Even More News...

### Friends of Camp Mohawk Annual Bonfire Night - Thursday 3rd November

6pm to 9pm Please join them for an evening around the camp fire. A selection of hot food will be available to buy followed by an exhilarating firework display for all the family.

Tickets : £5 Adults and Children over 12, £3 Under 12's.

Booking required - click <http://www.asdfamilyhelp.org/news.html> to see the flyer.

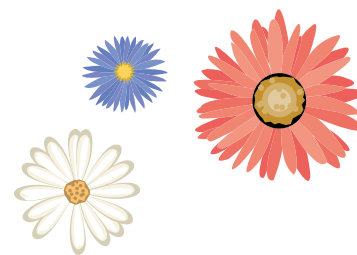
### The Eye Know Project

A guide for family carers and supporters about eye tests for people with profound and multiple learning disabilities (PMLD). Click <http://www.asdfamilyhelp.org/news.html> to see the flyer.

### Climbing Wall Taster Sessions - starts 16th October

20 minute FREE Climbing Wall Taster Sessions for Children with Additional Needs and their family at the Multi Activity Centre, Dinton Pastures, Sandford Lane, Hurst. Every Sunday from 1pm to 3pm, starts 16th October and runs until 22nd January 2012.

Booking is essential - Please contact the Multi Activity Centre - Telephone: 0118 9344424 or Email: [mac\\_office@yahoo.co.uk](mailto:mac_office@yahoo.co.uk). Booking closes at 6pm on the preceding Thursday.



### The Move Up Project - Starts Tuesday 11th October

The Move Up Project is a new project run by people with and without learning disabilities based at the Rising Sun Arts Centre, 30 Silver Street, Reading, RG1 2ST. Move Up is a whole day of activities in a relaxed environment where you can learn a variety of creative skills, and take part in exciting arts based projects, leading towards a Christmas show! All activities cost £3 each (6 activities per day) and take place on Tuesdays 10.45am-4.45pm, starting with their launch day on Tuesday 11th October where all sessions will be free! Click <http://www.asdfamilyhelp.org/news.html> to see the flyer.

Do your online shopping via our WEBSHOP and help raise funds for ASD Family Help

[www.buy.at/ASDFamilyHelp](http://www.buy.at/ASDFamilyHelp)



### See our DVD :

<http://www.youtube.com/watch?v=bOHh5QIQUCQ>



### Donations can be made at:

<http://localgiving.com/charity/asdfamilyhelp>

# ASD Family Help Events

## ASD Family Help Office Appointments (Wokingham)

We have taken the offer of use of office space in Wokingham, and are now in the position of being able to meet with ASD Adults, Parents & Carers on an 'appointment only' basis. This service will offer you a 1:1 private meeting to enable time to complete forms, and offer advice & information with ASD Family Help Staff &/or Volunteers.

Dates: Every Wednesday (except during school holidays)

Time: Appointments available 10am-1pm

(This service is by appointment only, please email us [contact@asdfamilyhelp.org](mailto:contact@asdfamilyhelp.org) or by text to 07707 660 599 if you wish an appointment arranged)

Venue: Office 2, The Ritz Plaza, 10 Denton Road, Wokingham RG40 2DX

## ASDFH Bulmershe Monday Carers Club

weekly on Mondays (except Bank Holidays and Christmas/New Year period) from 9.15am to 11.30am. Held at Bulmershe Youth Centre in Woodlands Avenue Woodley RG5 3EU (above Bulmershe Leisure Centre) map and PDF flyer click <http://www.asdfamilyhelp.org/ASDFH%20Events.html>

## ASD Family Help Wokingham Coffee Morning

Why not join us every 3rd Friday of the month from 10am to 12 noon at the Bradbury Centre, Rose Street, Wokingham RG40 1XS. (no meeting in August)

An ASD family Help family liaison worker &/or volunteer will be there to welcome you.

See the flyer click <http://www.asdfamilyhelp.org/ASDFH%20Events.html>

## ASD Family Help male carers leaflet

We have produced a leaflet with information about our activities for male carers, click <http://www.asdfamilyhelp.org/ASDFH%20Events.html>

## ASD Family Help Evening Drop-In & Coffee

We have been very kindly offered good facilities within Woodley C of E Primary School to use on a Wednesday evening. Initially we will be taking up this offer once a month, from 7-8.30pm, where parents/Carers (sorry no children) can drop in and have a coffee/chat with ASD Family Help Volunteers.

Dates: Wednesdays - 5th October, 2nd November, 7th December 2011.

Time: 7pm to 8.30pm

Venue: Woodley C of E Primary School, Hurricane Way, Woodley, Berkshire, RG5 4UX

<http://www.woodley-pri.wokingham.sch.uk/>

No need to book.

Entry is via the school car park which is to the right of the school building as you look at it. Travel around the car park and on the left is a small wooden garden style gate and this lets you into the playground. The building you need is straight ahead of you - its a small brick classroom.

## Why volunteer?

- Gain new skills which may improve your CV, for College, University or Employment
- Make a transition in your life e.g. break from having children, illness etc
- Test the waters before making a career change
- Make new friends
- Feel part of a group
- Have the chance to help out a charity that is particularly close to your heart
- Give something back to the local community
- Help those less fortunate
- To have fun!

# What's on in November

## ASD Family Help Evening Drop-In & Coffee - Wednesday 2nd November

7pm to 8.30pm at Woodley C of E Primary School, Hurricane Way, Woodley, Berkshire, RG5 4UX.

See [ASD Family Help Events](#) for full details.

## ASDFH Bulmershe Monday Carers Club - Monday 7th November

from 9.15am to 11.30am. Held at Bulmershe Youth Centre in Woodlands Avenue Woodley RG5 3EU (above Bulmershe Leisure Centre) [map here](#).

PDF flyer can be found by clicking <http://www.asdfamilyhelp.org/Events.html>

## Two Left Feet Dance For All - Wednesday 2nd November

Belly Dance Click <http://www.asdfamilyhelp.org/Events.html> for more information.

## ASD Family Help Male Carers Bowl and Meal - Saturday 12th November

Details to follow but you can book now, email [contact@asdfamilyhelp.org](mailto:contact@asdfamilyhelp.org) or phone/text: 07707 660 599

## Two Left Feet Dance For All - Wednesday 16th November

Paso Double Click <http://www.asdfamilyhelp.org/Events.html> for more information.

## Free Talk by Dean Beadle - Saturday 19th November

Wokingham Borough Council's ASSIST team are inviting parents of a child/young person with autism and young people with Asperger syndrome/high functioning autism to a talk by Dean Beadle. Details can be found on the flyer by clicking <http://www.asdfamilyhelp.org/Events.html>



## ASDFH Bulmershe Monday Carers Club - Monday 21st November

from 9.15am to 11.30am. Held at Bulmershe Youth Centre in Woodlands Avenue Woodley RG5 3EU (above Bulmershe Leisure Centre) [map here](#).

PDF flyer can be found by clicking <http://www.asdfamilyhelp.org/Events.html>

## Friday Alternative - Friday 25th November

A social group for young adults with Asperger Syndrome - see the flyer by clicking <http://www.asdfamilyhelp.org/Events.html>

## Two Left Feet Dance For All - Wednesday 30th November

Party Night by click <http://www.asdfamilyhelp.org/Events.html> for more information.

## Friday Alternative mid month meeting - Tuesday 8th November

A social group for young adults with Asperger Syndrome - see the flyer Click <http://www.asdfamilyhelp.org/Events.html>

## ASDFH Bulmershe Monday Carers Club - Monday 14th November

from 9.15am to 11.30am. Held at Bulmershe Youth Centre in Woodlands Avenue Woodley RG5 3EU (above Bulmershe Leisure Centre) [map](#)

PDF flyer can be found by Clicking <http://www.asdfamilyhelp.org/Events.html>

## ASDFH Bulmershe Monday Carers Club - Monday 28th November

from 9.15am to 11.30am. Held at Bulmershe Youth Centre in Woodlands Avenue Woodley RG5 3EU (above Bulmershe Leisure Centre) [map here](#).

PDF flyer can be found by clicking <http://www.asdfamilyhelp.org/Events.html>

## ASD Family Help community Parent & Carer meetings:

**Bulmershe Monday Carers Club** – weekly on Mondays ALL YEAR (except Bank Holidays and Christmas/New Year period) from 9.15am to 11.30am. Held at Bulmershe Youth Centre, Woodlands Avenue, Woodley, RG5 3EU (above Bulmershe Leisure Centre). Children always welcome! Play & Art Activities during school holidays for the children - Parent/Carers must stay for the duration.

**Wokingham Coffee Morning** - Why not join us every 3rd Friday of the month from 10am to 12 noon at the Bradbury Centre, Rose Street, Wokingham RG40 1XS. (no meeting in school holidays).

Next dates, Fridays: 18th November & 16th December 2011

An ASD family Help family liaison worker &/or volunteer will be there to welcome you. Please see our website calendar for dates! [www.asdfamilyhelp.org](http://www.asdfamilyhelp.org)

### Evening Drop-In & Coffee

We have been very kindly offered good facilities within Woodley C of E Primary School to use on a Wednesday evening each month, from 7- 8.30pm, where parents/Carers (sorry no children) can drop in and have a coffee/chat with ASD Family Help Volunteers. (no meeting in school holidays).

Next Dates, Wednesdays: 2nd November & 7th December 2011.

Woodley C of E Primary School, Hurricane Way, Woodley, Berkshire, RG5 4UX

<http://www.woodley-pri.wokingham.sch.uk/>

### Office 'Pre-Booked' Appointments (Wokingham)

We have secured use of an office, on selected days/times each week, and are able to meet with ASD Adults, Parents & Carers on a 'pre-booked' appointment only basis. This service will offer you a 1:1 private meeting to enable time to complete forms, and offer advice & information with ASD Family Help Staff &/or Volunteers.

Dates: Every Wednesday (except during school holidays)

Time: Appointments available 10am-1pm (Please email us [contact@asdfamilyhelp.org](mailto:contact@asdfamilyhelp.org)

or by text to 07707 660 599 if you wish an appointment arranged)

## Contact Address:

### ASD Family Help

c/o Wokingham Volunteer Centre,  
The Ritz Plaza, 10 Denton Road,  
Wokingham,

Berkshire, RG40 2DX

Phone/ Text: 07707 660 599

E-Mail: [contact@asdfamilyhelp.org](mailto:contact@asdfamilyhelp.org)

Web Site: [www.asdfamilyhelp.org](http://www.asdfamilyhelp.org)



## Currently Funded By:



Wokingham  
Learning Disability  
Partnership Board

# ASD Family Help

## Are you a "Male Carer"?

*"Carer and caregiver are words normally used to refer to unpaid relatives or friends of a disabled individual who help that individual with his or her activities of daily living."*

*If you are Caring for a person with a Disability...  
You 'need' a break.....*

### Male Carers Unlimited Bowling

Evening dates  
throughout the  
year

Optional meal  
afterwards



### Male Carers Overnight Hotel Breaks

Dates throughout the year  
Overnight / Weekend

Hotel Breaks away.



## FOR ALL EVENTS & INFORMATION, SIGN UP FOR OUR NEWSLETTERS

*email: [contact@asdfamilyhelp.org](mailto:contact@asdfamilyhelp.org) or by phone/text to: 07707 660 599*

If anyone is interested in going, but would need financial assistance to attend, please contact ASD Family Help in confidence, as there is some funding available if you are a Carer of an adult with Complex and Severe needs - PMLD (subsidised by WBC Learning Disability Partnership Board).



**Wokingham Learning Disability  
Partnership Board**

The ASD Family Help charity is a 'User Led' independent and voluntary group that offers support and advice to individuals and their Carers.

Registered Charity No. 1135718