

Christmas/New Year 2011 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!



Hi everyone
Welcome to our last Newsletter of 2011.

In this edition we have the News & Events so far, but to keep up to date as December & January get closer, please keep an eye on our website <http://www.asdfamilyhelp.org/news.html> & <http://www.asdfamilyhelp.org/Events.html> which will be updated as and when we receive information.

If you have not booked in for the Ladies Night (Sat 3rd Dec), please confirm your attendance asap to contact@asdfamilyhelp.org - please make it clear in your email subject line that it relates to the Ladies Night 3rd Dec.

We are now taking bookings for 'Exclusive use of Bowling & LaserQuest' on Saturday 7th January from 6pm-11pm - the booking line will close on Monday 12th December, and all payments must be received by Friday 16th December - BOOK NOW (request a start time of 6pm if you have young children).

You will also notice that we have received funding from BBC Children in Need to run Social Activities for Children & Young People - please read this information carefully, and if interested please send us an email to contact@asdfamilyhelp.org so that I can send you a 'short application' form to complete. The idea of these activities is to give children & Young People the same opportunities to access community activities as other people without Special Needs, and at the same time building a support network of peers for their futures.

As we are a User Led Organisation/Charity we can adjust these events as the Young People want them. The funding covers the staff & volunteer costs for 3 years. Therefore the children/young people pay the charge of the events they do, and in future may choose to change.

ASD Family Help will be closed from 19th December 2011 until 9th January 2012, but we will be at the Bowl/LQ on 7th January. This is because all our staff & volunteers are Carers themselves and deserve the break!

Our next Newsletter will not be until mid-end January so please keep updated from our website.

Merry Christmas & Happy New Year to you all

Cathy Roberts

on behalf of the Committee, staff & Volunteers

Events at a Glance December

The Big Film Club Thursday 1st
December

Have a Safe Christmas Road Show
- Friday 2nd December

Monkey Mates Special Needs
Soft Play Sessions - Friday 2nd
December

Carers' Rights Day - Friday 2nd
December

LADIES 'only' NIGHT - Saturday
3rd December 2011 - 7pm til late

ASDFH Bulmershe Monday Carers
Club - (various dates)

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

Special Needs Christmas Disco
Party - Friday 9th December

CLASP Christmas Party - Saturday
10th December

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

ASD Family Help Wokingham
Coffee Morning - Friday 16th
December

Go! to see Miki the Pantomime -
Saturday 17th December

ASD Family Help: News & Funding

ASD Family Help Social Activities for Children, Young People & Adults with an ASD

1. Age Under 5 - Bowling for 1 hour includes 1 soft drink (not cans) - cost to participants = £3

2nd Saturday of the month (starting Saturday 11th February 2012)

10am to 11.30am at Wokingham Superbowl <http://www.wokinghamsuperbowl.com/>

2. Ages 5+ to 8 - Bowling (1 game) and Laser Quest (1 game) includes 2 soft drinks (not cans)

cost to participants = £5

Participants must be able to access Activities in a small group (i.e. 1 adult to 3 children)

Alternate Wednesdays, (starting Wed 11th Jan 2012)

4pm to 6pm at Wokingham Superbowl <http://www.wokinghamsuperbowl.com/>

3. Ages 9 to 12 - Bowling (1 game) and Laser Quest (1 game) includes 2 soft drinks (not cans)

cost to participants = £5

Participants must be able to access Activities in a small group (i.e. 1 adult to 3 children)

Alternate Wednesdays, (starting Wed 11th Jan 2012)

5pm to 7pm at Wokingham Superbowl <http://www.wokinghamsuperbowl.com/>

4. Ages 13 to 17 - Bowling (1 game) and Laser Quest (1 game) includes 2 soft drinks (not cans)

cost to participants = £5

Participants must be able to access Activities in a small group (i.e. 1 adult to 3 children)

Alternate Wednesdays, (starting Wed 11th Jan 2012)

6pm to 8pm at Wokingham Superbowl <http://www.wokinghamsuperbowl.com/>

5. Ages 18+ Adults Pub Night - COMING SOON - Watch the Website for details !!!!

Note - Activities 1 to 4 above will not take place during School holidays.

Important Information

1. Parents must stay in the building for children under the age of 11 years

2. The staff 'funding' is for 1 adult to 3 children, therefore it is open to those able to access a Social Activity in a small group

setting (Average group size is 8) - a trial session may be required to ensure the group dynamics work well.

3. Your address is within Wokingham Borough i.e. you pay your Council Tax to Wokingham Borough Council

4. Places must be booked through ASD Family Help via contact@asdfamilyhelp.org - Places will be allocated on a 1st-come-1st-served basis, providing the applicants meet the criteria.

Amy is the new Youth Social Activities Team Leader & Hilary is the Youth Activities Support Assistant, who are supported by brilliant volunteers!

These activities are funded by Children in Need



ASD Family Help Exclusive Use Bowling and Laser Quest Evening - Saturday 7th January

We have booked the entire Big Apple venue for our sole use from 7pm to 11pm, this means unlimited bowling and/or laser quest and full use of the centre. For families with younger children an earlier start time of 6pm can be requested when booking. The cost is £3 each or £10 per family and payment is required in advance. Book now as this is a very popular evening and numbers are limited, email contact@asdfamilyhelp.org or phone/text to 07707 660 599.

Booking closes on 12th December and all monies must be paid by 16th December.

Subsidised by funding from Wokingham Borough Council Carers Grant & Wokingham Learning Disability Partnership Board..

The venue website is can be found by clicking <http://www.asdfamilyhelp.org/news.html>

More News...



Crossroads Christmas Play Scheme

The play scheme will be held from 1000 to 1400 from Monday 19th December until Thursday 22nd December at Highwood Primary School, Woodley RG5 3JE. Special needs children and their siblings are invited to join the scheme for fun and entertainment in a safe and secure environment. The play scheme is manned and managed by Crossroads staff and a team of hand picked volunteers. This is a great chance for carers to take a few hours break to prepare for Christmas and do some last minute shopping.

If interested please contact Bob Austen, Crossroads Care, Wokingham Community Hospital, Wokingham RG41 2RE. Tel: 0118 979 5324, email crossroads@wokingham10.orangehome.co.uk

This scheme is sponsored by Wokingham Borough Council.

Community Network - Free Carol Concerts by Phone

This scheme allows people all over the country who are unable to attend church because of illness or disability the chance to participate in the joy and celebration of a Christmas Carol Concert without having to leave their homes. Click <http://www.asdfamilyhelp.org/news.html> for more details.

Christmas Day lunch for people in need in Wokingham

On Christmas day, a local hotel is opening its doors and giving Christmas lunch to Wokingham residents who will face the possibility of being alone for Christmas this year.

This lunch is for those who don't have family or friends nearby or who aren't able to provide a Christmas lunch for themselves or their immediate family. They would otherwise be alone or not see anybody on Christmas Day. Click <http://www.asdfamilyhelp.org/news.html> to see the flyer for more details.

The Big Film Club Thursday 1st December

A cinema club for grown-ups with additional needs at the Vue Cinema in Reading.

The film is Moneyball cert 12A, the film starts at 1130, you are advised to arrive by 1100.

You can view a flyer and see more details by clicking <http://www.asdfamilyhelp.org/news.html>

The Big Film Club Thursday 24th November

A cinema club for grown-ups with additional needs at the Vue Cinema in Reading.

The film is The Adventures of Tintin 3D cert 12A, the film starts at 1030, you are advised to arrive by 1000.

You can view a flyer and see more details by clicking <http://www.asdfamilyhelp.org/news.html>

NAS Specialist Autism School proposed for Reading - BBC News

Click <http://www.asdfamilyhelp.org/news.html> to view the BBC news item and here for the National Autistic Society news page with a survey at the bottom of the page.



Karten Centre Courses in January

The Karten Centre will be running some Life Skills courses starting in January. There are a range of courses, including: How to use a mobile phone, Understanding relationships, Keeping safe, Literacy and Numeracy - and many more! All the courses are supported by WBC and cost £30 for 10 weeks. The Karten Centre are taking enquiries now so please ring: 01344 755586 or see attached leaflet for more information. Closing date for applications for next term is Monday 5th December. To see the flyer click <http://www.asdfamilyhelp.org/news.html>

Even More News...

Carers' Rights Day - Friday 2nd December

10.30am-12.30pm Wokingham Borough Council will be teaming up with Bracknell & Districts Mencap and The Princess Royal Trust Carers Services to run an event to mark National Carers' Rights Day. It will be held in the Rose Room, Bradbury Centre, Wokingham. There will be a chance to meet carers' rights experts who will be able to give advice on a wide range of matters including benefits, pensions, legal matters and employment. A free sitting service and transport will be available to help carers attend this event. Refreshments will be provided. For more information contact Louise Connelly at WBC on tel: 0118 974 6231.

Friday Night Project Booklet

Details of all the services and events organised by The Friday Night Project, also information about their Christmas Ball on 26th and 27th November plus they are also running a 4 day "Turkey and Tinsel" mini break on 16th-19th December. To book tickets for either of these events, please email Jeanette Birt on: jbirt1@sky.com or tel: 0781 765 0682. To view the booklet click <http://www.asdfamilyhelp.org/news.html>

Rose Buddies Get into Reading

This is a new Reading Group at Wokingham Library on Wednesdays 10am-12noon. Short stories and poems will be read aloud and afterwards, the group will be encouraged to share their thoughts about the subject if they want to. The first session will be on Wednesday 23rd November. To book your place, ring Lisa Hookway on tel: 0118 979 9106.

Rose Buddies Christmas Crafts

Julie White will be running 3 craft sessions on Friday afternoons at the Internet Cafe where people can make cards, a Santa badge, serviette holders, gift tags and labels. The sessions will be on Friday 25th November, 2nd December and 9th December at the Internet Cafe, Wokingham Library, 1-3pm. Sessions cost £1 each time and places need to be booked through Lisa Hookway on tel: 0118 979 9106. 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



Special Needs Christmas Disco Party - Friday 9th December

Held at Rivermead Leisure Complex, 6.30pm to 8.30pm, entry £2 - click <http://www.asdfamilyhelp.org/news.html> to see the flyer.

Go! to see Miki the Pantomime - Saturday 17th December

Go! (organised through Family Resource Centre UK) invites families in Wokingham with a child or young person with additional needs to come to 'Miki' the pantomime, featuring amazing underwater creatures, songs to sing along to and extraordinary puppetry. 'Miki' is an inspiring story about friendship, courage and adventure.

2pm at Norden Farm, Altwood Road, Maidenhead SL6 4PF.

Suitable for ages 3+ Booking required, tickets cost £5 per person. To book call: 0800 328 9148

Click <http://www.asdfamilyhelp.org/news.html> to see the flyer here.

CLASP Christmas Party - Saturday 10th December

6pm to 9pm in Wokingham, click <http://www.asdfamilyhelp.org/news.html> to See the flyer for more details.

Donations can be made at:

<http://www.asdfamilyhelp.org>

Even More News...

Involve Me

National Mencap have been working on a 3-year project called 'Involve Me'. This is a practical guide that aims to help people with profound and multiple learning disabilities (PMLD) be more involved with decision making and consultation. The original date for this training had to be cancelled but there are now 2 new dates. There will be a workshop on the 6th December and it will be repeated on the 7th December - so there are 2 opportunities to attend.

Places are limited and must be booked in advance. More details can be found in the flyer - click <http://www.asdfamilyhelp.org/news.html>.

My Autism and Me - A BBC Newsround Special

Brilliant film by the BBC, click <http://www.asdfamilyhelp.org/news.html> to find it.

Have a Safe Christmas Road Show

Held in Wokingham on Friday 25th November and Twyford on Friday 2nd December.

For details click <http://www.asdfamilyhelp.org/news.html> to see the flyer.

Autism Workshops In Wokingham Borough

These workshops are delivered by the Wokingham Children's Autism Partnership, click <http://www.asdfamilyhelp.org/news.html> for a list of dates running through to July 2012.

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

Web Site: www.asdfamilyhelp.org



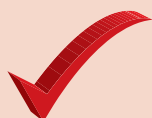
Currently Funded By:



Wokingham
Learning Disability
Partnership Board

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

www.buy.at/ASDFamilyHelp



See our DVD :

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



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 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 Mornings

Why not join us every 3rd Friday of the month (except during school holidays) from 10am to 12 noon at the Bradbury Centre, Rose Street, Wokingham RG40 1XS.

Bulmershe every Monday (except Bank Holidays)

ASD F H at Woodley C of E - Evening Coffee & Support session
Wed 7th Dec 2011

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> for 2012 dates

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 December

The Big Film Club Thursday 1st December

A cinema club for grown-ups with additional needs at the Vue Cinema in Reading. The film is Moneyball cert 12A, the film starts at 1130, you are advised to arrive by 1100. You can view a flyer about the film by clicking <http://www.asdfamilyhelp.org/Events.html>

Full details of The Big Film Club are found by clicking <http://www.asdfamilyhelp.org/Events.html>

Have a Safe Christmas Road Show - Friday 2nd December

Held in Twyford.

For details see the flyer by clicking <http://www.asdfamilyhelp.org/Events.html>

Carers' Rights Day - Friday 2nd December

10.30am-12.30pm Wokingham Borough Council will be teaming up with Bracknell & Districts Mencap and The Princess Royal Trust Carers Services to run an event to mark National Carers' Rights Day. It will be held in the Rose Room, Bradbury Centre, Wokingham. There will be a chance to meet carers' rights experts who will be able to give advice on a wide range of matters including benefits, pensions, legal matters and employment. A free sitting service and transport will be available to help carers attend this event. Refreshments will be provided. For more information contact Louise Connelly at WBC on tel: 0118 974 6231.

Monkey Mates Special Needs Soft Play Sessions - Friday 2nd December

Monkey mates in Wokingham hold monthly sessions for children with additional needs click <http://www.asdfamilyhelp.org/Events.html> for details

LADIES 'only' NIGHT - Saturday 3rd December 2011 - 7pm til late

As a result of the vote the evening will be a Wokingham pub and meal.

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. ASD F H Lady Volunteers that are going will wear their badges, so that anyone that is unsure will recognise the badge and know they are in the right place.

There is currently no funding for this social event.

Please confirm that you will be attending, provide a mobile contact number, and advise if you need a lift. contact@asdfamilyhelp.org

ASDFH Bulmershe Monday Carers Club - Monday 5th December

from 9.15am to 11.30am. Held at Bulmershe Youth Centre in Woodlands Avenue Woodley RG5 3EU (above Bulmershe Leisure Centre) for map click <http://www.asdfamilyhelp.org/Events.html>

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

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

Next Male Carers Bowl & Meal will be Saturday 4th Feb 2012 - Book Now to contact@asdfamilyhelp.org

CLASP Christmas Party - Saturday 10th December

6pm to 9pm in Wokingham, click <http://www.asdfamilyhelp.org/Events.html> to see the flyer for more details.

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

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.

Special Needs Christmas Disco Party - Friday 9th December

Held at Rivermead Leisure Complex, 6.30pm to 8.30pm, entry £2 - see the flyer by clicking <http://www.asdfamilyhelp.org/Events.html>

What's on in December Continued

ASDFH Bulmershe Monday Carers Club - Monday 12th December

from 9.15am to 11.30am. Held at Bulmershe Youth Centre in Woodlands Avenue Woodley RG5 3EU (above Bulmershe Leisure Centre) for map click <http://www.asdfamilyhelp.org/Events.html> PDF flyer can be found by clicking <http://www.asdfamilyhelp.org/Events.html>

Go! to see Miki the Pantomime - Saturday 17th December

Go! (organised through Family Resource Centre UK) invites families in Wokingham with a child or young person with additional needs to come to 'Miki' the pantomime, featuring amazing underwater creatures, songs to sing along to and extraordinary puppetry. 'Miki' is an inspiring story about friendship, courage and adventure.

2pm at Norden Farm, Altwood Road, Maidenhead SL6 4PF.

Suitable for ages 3+ Booking required, tickets cost £5 per person. To book call: 0800 328 9148

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

ASD Family Help Wokingham Coffee Morning - Friday 16th December

from 10am to 12 noon at the Bradbury Centre, Rose Street, Wokingham RG40 1XS.

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

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

ASDFH Bulmershe Monday Carers Club - Monday 19th December (last one of the year)

- also open for children to accompany their parents
- Arts & Crafts / Pool Tables / Table Tennis plus a full Toy cupboard
- Xmas snacks & drinks

Bulmershe then re-opens on Monday 9th January

from 9.15am to 11.30am. Held at Bulmershe Youth Centre in Woodlands Avenue Woodley RG5 3EU (above Bulmershe Leisure Centre) for map click <http://www.asdfamilyhelp.org/Events.html> 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 date, 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

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

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 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