



ASD Family Help

SUMMER



Newsletter!

Hello and welcome to our 2nd Newsletter!

We hope to be able to produce this Newsletter regularly, and would therefore welcome any events, news, information that people want to share – please inform us so that we can include your item in the next newsletter.

In future Newsletters we will also include information from other organisations that could be of interest to you.

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

Our website is designed to answer questions, and give information, to people affected by the Autism Spectrum (ASD).

We hope you enjoy the newsletter and find the contents useful - for further information please see our website www.asdfamilyhelp.org

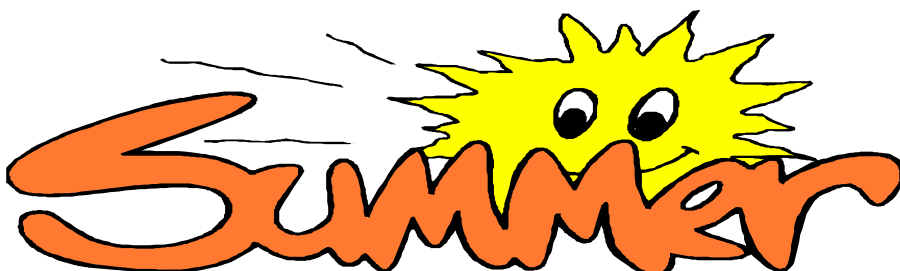
Thank you

Cathy Roberts

**We'll be back in September with another
Newsletter - Happy Holidays !!!!**

Do your online shopping via our **WEBSHOP** and help raise funds for ASD Family Help www.buy.at/ASDFamilyHelp

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



Registered Charity No. 1135718

SOCIAL EVENTS AT A GLANCE....



**Parent/Carer Meeting
Dates**

Carer Social Events

Family Social Events

**Monkey Mates for
Special Needs Children**

FIZZ Activites for Adults

CINEMA showings

**ROSE BUDDIES Summer
Social Events for
Adults**

**Summer Clubs for
Children (spaces still
available)**

**Challenging Behaviour
and the Autism
Spectrum**

**Heathrow Special
NEEDS Farm Open Day**

Karten Centre Training

SoundAbout !!!

**See info in the
Newsletter & on-line!**

NEWS.....

PRESS RELEASE

AUTISM SUPPORT GROUP TAKES OVER WOKINGHAM'S BIG APPLE

Wokingham based autism support group, ASD Family Help, booked Wokingham's Big Apple for its exclusive use last Saturday and more than 190 members enjoyed a night of Ten Pin bowling and Laser Quest.

The charity which is now in its seventh year aims to help improve local services for children and adults with autism, provide support to their parents and carers and give advice and information to anyone affected by an autism spectrum disorder (ASD).

In addition to its main activities, the charity has been organising regular social events and last weeks was the biggest yet with nearly 50 families taking part from 6pm to closing time at 11pm.

Autism affects 1.3% of the local population - or more than 1 in 100 Wokingham families - and founder Cathy Roberts said "It was a pleasure to see everyone having such a great time. So many families affected by autism have little or no social life and feel very isolated, so an event like tonight not only provides welcome relief but also an opportunity for some much needed fun!"

A big thank you to everyone that came and to the people that Volunteered on the night!

NEXT EVENT SOON.....Date to be advised

<http://www.asdfamilyhelp.org/>



Are you a Male Parent/Carer?

Social Events & Overnight Breakssign up today.....Leaflet attached

WHAT'S ON & NEWS FOR JULY & AUGUST

A for Film - at the Vue Cinema at Reading
A '**Special Needs Film Club**' for all young people with disabilities. The sound will be turned down a little and lights not so dim. No other major light distractions will be on in the cinema complex (including games machines etc). There will be several staff members around and a manager who can assist you, and one worker will be in and around the cinema screen during the film, so that if you do need assistance (or anyone to go and get you a drink), they can help. If anyone feels they need to shout, clap their hands, jump up and down or run about a little, then that is fine. **Tickets will cost £0.95 each.** Siblings are more than welcome. Tickets can be bought on arrival at the cinema. For more information contact Chris Roberts
Email chris_standby@hotmail.com or phone 07711004034

<http://www.asdfamilyhelp.org/A%20for%20Film.html>

Holiday Activities at Oakwood and John Nike
Places are still available on the Oakwood and John Nike holiday activities and would ideally suit children and young people who:

- * Have moderate learning difficulties
 - * Require low level and minimal supervision
 - * Can communicate in small group settings
- Siblings to are invited to attend, and children from other areas (not only Bracknell) PROVIDING the young people are MLD. Bookings and payment can be made directly with John Nike and Oakwood.

<http://www.asdfamilyhelp.org/news.html>

NEW - The Ark Newsletter 7 - July 2011
Click to view Spark the latest Ark newsletter.
<http://www.asdfamilyhelp.org/news.html>

CAN Network – Wokingham

The CAN Network has now moved from Highwood Annexe to its new base within Bridges Resource Centre in Woodley. The new contact details are CAN Network, Bridges Resource Centre, 109 Colemansmoor Road, Woodley RG5 4DA. Telephone number: 0118 9695977 Email address: Can.network@wokingham.gov.uk

<http://www.asdfamilyhelp.org/news.html>
<http://www.asdfamilyhelp.org/Events.html>
for up to date News & Events !!!!

Friday 5th August 2011

6pm to 8pm £2 per child

Monkey Mates - Special Needs Soft Play & outside play Session (siblings welcome)

<http://www.monkeymates.co.uk/>



FIZZ!! Summer Activities for Adults

Support Horizons will be running all-day activities for adults with learning disabilities on Fridays throughout the summer, starting Friday 29th July. Activities include: Drama, Arts & Crafts, Science Day, Beach Day, Picnic & Sports Day. **Please ring Support Horizons on tel: 0118 989 3959 to book your place.**

<http://www.asdfamilyhelp.org/news.html>

NEW - Rose Buddies 'Adults' Summer Trips
Reading Museum & Blakes Lock Museum - 2nd August

Dinton Pastures - 8th August

Bournemouth & the Oceanarium - 18th August,
Click the link for details.

<http://www.asdfamilyhelp.org/news.html>

Berkshire Autistic Society - New Address

BAS have moved to a new address: Unit 7 Richfield Place, 12 Richfield Avenue, Reading, Berkshire RG1 8EQ. Telephone, Email and website remain unchanged.

<http://www.autismberkshire.org.uk/berkshire-autism-alert-card.aspx>

Berkshire Autism Alert Card

ATTENTION!

I have an Autism Spectrum Condition

Please turn over for more information

WHAT'S ON IN SEPTEMBER.....

NEW - Challenging Behaviour and the Autism Spectrum - Saturday 10th September

Autism Oxford will be hosting this event which offers person-centred strategies to help people with challenging behaviour overcome the difficulties they face understanding the world around them. The event takes place on Saturday 10th September, 10.30–5pm at The Theatre, Headington School, Headington Road, Oxford OX3 7TD. Cost: Professionals £50 plus vat; Family/ASC £40 plus vat. For more information, email: info@autismoxford.org.uk or tel: 01844 353292 or go to their

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NEW - Karten Centre Courses Autumn 2011/Spring 2012/Summer 2012

Click for details of forthcoming courses at The Karten CTEC Centre, Ravenswood, Crowthorne.

They are also running a 'Come Dine at Mine' course details can be found <http://www.asdfamilyhelp.org/news.html>

Friday 2nd September 2011

6pm to 8pm £2 per child

Monkey Mates - Special Needs Soft Play & outside play Session (siblings welcome)

<http://www.monkeymates.co.uk/>



Heathrow Special Needs Farm

Located at Longford near Heathrow the farm is open by appointment only Monday to Friday 9am to 3pm. To view the summer newsletter which includes details of the Open Day on Saturday 3rd September go to

<http://www.asdfamilyhelp.org/news.html>

NEW - Soundabout

Soundabout exists to help people who have severe and complex learning difficulties. Through sound and music they help them develop their ability to communicate and interact with the world around them. They have a new partnership with Helen and Douglas House in Oxford, for more information click <http://www.asdfamilyhelp.org/news.html>

KEEP UP TO DATE:

<http://www.asdfamilyhelp.org/index.htm>

<http://www.asdfamilyhelp.org/news.html>

<http://www.asdfamilyhelp.org/Events.html>

<http://www.wow4me.org.uk/>

<http://www.wokinghampartnershipboard.co.uk/>

<http://www.me2club.org.uk/>

<http://www.wokinghammencap.org/>

<http://www.autismberkshire.org.uk/>

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: Friday 16th September 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: **Wednesday 14th September.**

Please see our website calendar for further dates! www.asdfamilyhelp.org

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

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

Office 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**)

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

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