

SEPTEMBER 11 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!**

Hello and welcome to our 3rd Newsletter!

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.

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

We hope you enjoy the newsletter and find the contents useful, For further information please visit our website www.asdfamilyhelp.org

Cathy Roberts

**Please VOTE on-line from 26 Sept for 'ASD Family Help'.
NatWest Community Force**

<http://communityforce.natwest.com/project/1407>



See our DVD : <http://www.youtube.com/watch?v=bOHh5QIQUCCQ>

**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>

EVENTS AT A GLANCE....



*September & October
Parent & Carer Meeting Dates
on last page!*

*A for Film - CINEMA showings
(various dates BELOW)*

**22nd September – Dogs for
the Disabled – Autism
Services & Children**

**MALE Carer Social Event
(Book NOW for 24th Sept!)**

**Friends of Camp Mohawk –
Music Festival 24th Sept 2011**

*Creative Space Music Event –
2nd October*

**7th Oct - Monkey Mates for
Special Needs Children**

**8th Oct – Volunteer Recruitment
Fair - Wokingham**

**2nd EXCLUSIVE USE of
Wokingham BOWL & Laser
Quest - Social Evening!
(Book NOW for 22nd Oct!)**

ASD Family Help: News & Funding ...

NatWest Community Force

Please VOTE on-line
from 26 Sept for
'ASD Family Help' :



We could be in for a
chance for up to £6000!

WE NEED YOUR
VOTES - the more
votes we get the more
chance we have!

See our DVD :

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

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our WEBSHOP and help raise
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<http://www.asdfamilyhelp.org/news.html>
<http://www.asdfamilyhelp.org/Events.html>
for up to date News & Events !!!!

TO CONTACT US:
contact@asdfamilyhelp.org or
tel/text:07707 660 599

Are you a 'Male' Family Carer?

*For future Social Events & Overnight Breaks ...
..sign up today.....Leaflet attached*

Volunteering & Employment Opportunities.....

ASD Family Help - More Volunteers Needed:

1. To support 'NEW' Weekly Social Activity Events (age ranges of Young People from 5 to 25 years)
2. To support and complete Fundraising Administration Bids
3. To support Family Social Events
4. To arrange Social and other events
5. To administer the Newsletter
6. To be Committee Members

ASD Family Help - ASD Adult 'Experience Volunteering' Training Vacancy:

'Life & Customer Service Skills'.

1. Are you an ASD adult needing to learn kitchen & customer service skills?
2. If so and you are available some Monday mornings (venue is in Woodley), please contact us.

Initiative Funded by the
*'Wokingham Learning Disability
Partnership Board'*

ASD Family Help - ASD Sessional Worker (Youth)

8 hours per week @up to £10.50 per hour for 3 years

Organising, Supervising Volunteers & Monitoring - 'NEW' Weekly Social Activity Events for Young People (age ranges from 5 to 25 years) - mainly evenings & some weekend work.

Job Advert & 'Full details' out soon...keep watching:- <http://asdfamilyhelp.org/news.html>

Or register your interest by emailing contact@asdfamilyhelp.org

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

for up to date News & Events !!!!

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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!

Berkshire Autistic Society

Job vacancy - Fundraising Manager

<http://www.autismberkshire.org.uk/job-vacancies.aspx>

MORE News

NEW - The Ark Prospectus

The Ark based at Ravenswood in Crowthorne is a charity that enhances the lives of people with disabilities, by means of access to and participation in the arts and new media. Click **below** for details of courses, clubs and activities for the coming year. The Autumn term starts on 19th September so please book your places as soon as possible.

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

NEW - Autism Awareness (Level 1) Half day Workshops

Organised by WBC these workshops are aimed at parents/carers, practitioners, leisure providers - any person who has contact with someone with autism.

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

Thorpe Park change to Ride Access Pass procedure

If your child has difficulties with queuing, they can get a Ride Access Pass (to be Fast Tracked to front of queue) by providing details of their exact disability, you will need a letter from your GP or from the CAN network. Thorpe Park no longer accept a DLA letter as proof of disability

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

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>

Wednesday Job Club Sessions September-December

The Job Club has been set up to help people with learning disabilities whose goal is to achieve employment.

Click <http://www.asdfamilyhelp.org/news.html> to view the programme of sessions for the autumn. They also have a speaker event on Wednesday 14th September 2011 from 1.30pm – 3.00pm, see the flyer

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>

Two Left Feet - Dance For All - Dates for September-November

Click <http://www.asdfamilyhelp.org/news.html> for the autumn term programme.

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/berkshir-e-autism-alert-card.aspx>

A new website for parents of people with Down's syndrome in the UK has just been launched.

It's an online chat forum and centralised information point for parents of children with Down's syndrome created by, run by & moderated by parents of children with Down's syndrome. Go to: <http://www.futureofdowns.co.uk/>

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

Berkshire Autism Alert Card

ATTENTION!

I have an Autism Spectrum Condition

Please turn over for more information



NEW -

Local care and support service company Optalis is now three months old. It was formed from Wokingham Borough Council's Adult Social Care team.

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

EVEN MORE News

Guide to completing the ESA50 form

The ESA50 form is part of the Work Capability Assessment which assesses whether someone has limited capability for work and whether they can remain on Employment and Support Allowance. Click to view the guide. <http://www.asdfamilyhelp.org/news.html>

The Chameleon Club at Wellington Health & Fitness Club in Crowthorne

This club offers monthly Sunday climbing sessions for children aged 10 to 15 years with moderate learning difficulties or disabilities. They have published their autumn 2011 dates. See the flyer <http://www.asdfamilyhelp.org/news.html>

Support Horizons have exclusive use of the **SPIN Nightclub every Friday until 11pm**. A growing group of people meet at the Gig House for a meal and drinks at 7pm and then head next door to continue the evening. Cost is £20 including support, entrance and lift home. Call Hayley for more information 0118 989 39 59. See the flyer

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

@ **The Acorn social club** Organised by Wokingham and Bracknell Districts Mencap @ The Acorn is a new weekly social club for adults aged 18+ with learning disabilities, including those with multiple and profound learning disabilities. The club starts on Tuesday 6th September.

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

Me2 Club Inclusion Training Project

The project offers leaders of mainstream activities (anything from Brownies to Drama Club to Rock Climbing!) a series of **FREE workshops** on Disability and Inclusion, as well as bespoke workshops and tailored advice to groups. For more information click

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

Carers Take a Break - Autumn Term Free Courses

Click for details of courses run by Bracknell and Wokingham College from Autumn 2011. Carers are entitled to one free course per

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

Transport Survey - The Partnership Board and Keep Mobile are working together to help people with learning disabilities access opportunities during the evening and weekend. They need to understand what activities and places people find it difficult to get to. Please help them by filling in the attached survey – click

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

Zumba-thon in aid of Princess Royal Trust Carers Service - Saturday 17th September

For details see the flyer

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

Putting People First - August newsletter

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

Play Rangers is an ABA social skills group run in Reading. They aim to offer a service to children where they are able to learn and practice social skills in a small group environment simulating a preschool / early years setting. See the flyer for more information

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

Digital Switchover Help Scheme

TV is going digital all over the UK and soon the traditional TV signal will be switched off in your area. If you don't have digital TV by the time of switchover, your TV screen will go blank. But you don't need to worry; the Help Scheme is here to help. In the meantime, please see the flyer <http://www.asdfamilyhelp.org/news.html> or visit www.helpscheme.co.uk

BOND accessible holidays Newsletter

<http://login.bananamail.co.uk/new/viewnews/letter2.aspx?SiteID=11187&SID=6&NewsletterID=308692>

Realise! - A New Music Project in Reading

Readipop, Reading's music charity is launching an exciting new project this month that will give young people with disabilities the opportunity to record and produce tracks, start their own record label, promote gigs, work with artists from Brazil and learn about many other aspects of the music industry. Readipop are currently recruiting young people to take part in this project. For more details read the press release

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

WHAT'S ON in SEPTEMBER

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. **For information & Ticket prices: Adults .**

<http://www.asdfamilyhelp.org/The%20Big%20Film%20Club.html>

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

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

'Male' Carers Unlimited Bowling

- Saturday 24th September

The venue is [The Big Apple](#), Wokingham Superbowl, Phoenix Plaza, Wellington Road, Wokingham RG40 2NJ. Arrive at 6.45pm for a 7pm start. Cost is **£6.95 for unlimited bowling. Optional meal afterwards.** *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 Parent/Carer of an adult with Complex and Severe needs - PMLD (subsided by WBC Learning Disability Partnership).* **BOOK NOW! Booking is essential via:** **email** contact@asdfamilyhelp.org or phone/text to 07707 660 599

Bookings also being taken for Future Dates:

Saturday 12 November - BOWL & Meal

Saturday 10th December - Over Night Hotel Break!

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

for up to date News & Events !!!!

contact@asdfamilyhelp.org or
tel/text:07707 660 599

Friends of Camp Mohawk Music Festival - 24th September 2011

12 noon until 6pm at Wargrave Piggott Senior School.

Groups already committed are Sandy Newman and Marmalade

(www.themarmalade.net), Big Daddy Covers Band

(www.bigdaddycoversband.co.uk), The Bullfrogs (www.bullfrogband.co.uk), the Grey Cats Blues Band

(www.greycatblues.freehostingnoads.net) and the Road House Five covers band www.jazznotjazz.co.uk/band-road-house-five).

There will be a Hog Roast, an ice cream van, a licensed bar, Raffle and hopefully a few other things - all in all an excellent days entertainment and all for a very good cause !

Tickets £15 each (accompanied children free)

Update - Friends of Camp Mohawk Music Festival - 24th September 2011

A flyer is now available click

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

Berkshire Autistic Society Speaker Event - Thursday 22nd September

Dogs for the Disabled – Autism Services for Children

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

Please VOTE on-line from 26 Sept for



'ASD Family Help' :

NatWest Community Force link:

<http://communityforce.natwest.com/project/14>

WHAT'S ON IN OCTOBER....

'EXCLUSIVE USE - Bowling & Laser Quest Evening' - All Welcome..ALL ages (families & individuals)!

Saturday 22nd October - £3 each or £10 per family

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.**

BOOK NOW, as Booking is essential, to ensure your places!

Payment is required in advance. Book via: email contact@asdfamilyhelp.org or by phone/text to 07707 660 599.

Subsidised Funding by *Wokingham Borough Council Carers Grant & Wokingham Learning Disability Partnership Board*

Friday 7th October 2011

**6pm to 8pm
£2 per child**

**Monkey Mates -
Special Needs Soft Play
& outside play Session**

(siblings welcome)

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



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. **For**

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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

Volunteer Recruitment Fair being held at the Bradbury Centre, next to the Rose Street Methodist Church in Wokingham. It is being held on **Saturday 8th October from 10am-1.30pm**. It's a chance to meet over 20 organisation who need your help!!<http://www.volunteercentrewokingham.org.uk/>

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/>

Creative Space Music Event Sunday 2nd October
Music performed by create's pianist Derek Paravicini and the Alba Wind Quintet. Live music, dance and craft activities in a relaxed, friendly environment. Lots of space for movement and expression. Percussion instruments handed out for participative music-making! Tickets £6 adults, £4 children. To book please see www.creativearts.org.uk
<http://www.asdfamilyhelp.org/news.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: 16th September, 21st October, 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

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: 5th October, 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 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