



The National
Autistic Society
Lancaster & Morecambe Branch

Newsletter

Welcome

Hi all and welcome to our very first branch newsletter :-)

We aim to send one out via e mail towards the end of each month to keep you informed of relevant events, activities, courses etc which may be of interest to you.

This coming month we are meeting someone from the NAS who will help us with campaigning and this is something we are very keen to work on. If you have any current concerns/issues then please do let us know as this will be useful in prioritising our campaigns. We also want to set up a youth group for our teenagers with aspergers/high functioning autism and I'll be sending out an e mail soon about a meeting to discuss this further.

Please keep your suggestions coming on what you would like from this branch and also from this newsletter. If anyone would like to submit an article or tell us about something "autism related" that they would like to share with others then please do get in touch.

Finally, just a reminder to those of you who haven't yet registered with us as a local branch - in order to attend one of our events or to join our new facebook group you will need to register first. It's free and can be done either on line <http://naslandm.co.uk/about/join-our-branch/> or by requesting a paper copy from myself.

I look forward to seeing you soon

Christmas Party

Christmas is just around the corner ! and we are hoping to organise some fun activities for the children. We have booked Lansil Golf club again for our family Christmas party on Sunday 14th December, 3pm-5pm. There will be places for 30 children and their families so please get in touch with us if you would like to reserve a space.



Fundraising

Many thanks to Morecambe Road School for their donation of over £600. Thanks also go to Debbie Callender, Tracy Duffy, Kizzy Felstead and Sarah Alderson.



Meet the Team

We recently hosted information tables at St Nics in Lancaster and the Arndale in Morecambe. Both were a great success and we hope to repeat. Many thanks to both shopping centres and to all the friendly people that came to say hello.

Campaigns

The NAS Careless campaign has won vital improvements to the Governments new rules for deciding who is eligible for adult social care, and on local authorities responsibilities for safeguarding vulnerable adults with autism. A revised version of the rules was published on 20 October as part of the regulations and guidance accompanying the Care Act 2014, which introduces major changes to the adult social care system in England.



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Launch Party

A huge thank you to everyone who attended and supported our launch party at Lancaster brewery last Sunday. It was great to meet and chat to some of our new families as well as catch up with some "old" ones. The children seemed to have a great time and we hope you enjoyed it as much as we did.

Thanks to your generosity we raised £464 which will go towards organising events and activities for you and your families. We would like to say a special thank you to Ciaran for producing a fantastic cake and to those who donated some great raffle prizes and baked some fantastic cakes for us to sell and eat!. Also to Lancaster Brewery who kindly let us have exclusive use of the venue free of charge and to R Leisure for the hire of the soft play equipment at a greatly reduced rate.

As with all our events, we are always keen for feedback so please feel free to tell us what you liked/maybe didn't like on the day as this will help us with future events.



HANGING BASKET
NEXT GENERATION FLOWERS



Library



We have been replenishing the library over the summer and have lots of fabulous new books our members can borrow. Please see the website for more details.

If you have any outstanding books, please return them as soon as possible, or email landm@nas.org.uk and we can arrange collection.

Review of the DVD "After Thomas"

This DVD, a film adaptation of the true story "A friend like Henry" by Nuala Gardner, has been around for a while but I've just watched it again as I've bought the sequel book "All because of Henry" for our library and am about to start reading it.

The opening scene of the mum taking her son to get a new pair of shoes had me in tears once again and you will need a box of tissues for later scenes: but it's such a moving and inspirational movie to watch.

It sensitively and accurately portrays the issues that many parents face adapting to life with a young child on the autistic spectrum and I'm sure many people will be able to relate to the characters. It shows the stress that a diagnosis can place on the parents' relationship, the challenges that everyday activities can pose and the unsympathetic reactions of close family!

The story centres around a dog (called Henry) who turns the family's life around. I recently went on a PAWS workshop (with two other lovely mums from this group) which is run by dogs for the disabled and teaches parents/carers how their dog can benefit children with autism. A dog isn't the answer for every family but if you are interested in finding out more about PAWS, they run workshops just outside Bolton every year. For more information see <http://paws.dogsforthe-disabled.org/>. Even if you're not interested in getting a dog I highly recommend watching this film and reading the two books by Nuala Garner - all of which are available for loan from our library.

Review of NAS book "Sensory strategies" by Corinna Laurie

This book is a fantastic introduction to sensory issues and sensory processing disorders that affect many children/adults on the autistic spectrum.

It explains the different "systems" eg touch, smell, sound and movement in a very clear and concise way and how people might be affected by each of them depending on if they are "hypersensitive" ie find a particular sense to be overwhelming and might want to avoid it eg noise or "hyposensitive" ie have difficulty processing certain stimuli and so seek it out...such as mouthing objects.

The book provides some excellent suggestions and strategies for each of the systems depending on how the person is affected by them.

I've read many books on sensory issues/sensory integration and they are so intense and very difficult to read but this book is fantastic at explaining the sensory issues your child/adult might be affected by in a clear way that everyone can understand.

We have a copy in our lending library or you can purchase the book via the NAS website for £10 <http://www.autism.org.uk/Products/Core-NAS-publications/Sensory-strategies.aspx>

Contacts



Lancaster & Morecambe Branch Contacts

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Other useful contacts

Unless stated, organisations not endorsed by the NAS Lancaster & Morecambe Branch or the NAS

NAS web site: www.autism.org.uk. For personalised information go to www.autism.org.uk/signpost.aspx

NAS Helpline: Tel: 0808 800 4104 (10am – 4pm), or email autismhelpline@nas.org.uk (replies within 14 working days)

NAS national membership: 020 7903 3563.
Email membership@nas.org.uk

Education Support

NAS Education Rights: 0808 800 4102

Lancashire Parent Partnership: 0300 123 6706 Monday to Friday 8am to 5pm information.lineteam@lancashire.gov.uk

SOS!SEN charity to support statementing, tel: 020 8538 3731
www.sossen.org.uk

IPSEA - Independent Parental Special Education Advice
www.ipsea.org.uk/

Special Needs Jungle
www.specialneedsjungle.com/

Family Support & Representation

NAS Parent-to-Parent line 0808 800 4106

North Lancs Directions Group
<http://www.northlancsdirectionsgroup.com/>

N-Compass
<http://ncompassnorthwest.co.uk/our-services/carers-point/carers-services/>

Cerebra DLA guide: 0800 328 1159

What's on



Sun 26th Oct, 10.00

Autism friendly Screening "The House of Magic"
Vue Cinema, Lancaster
£1.75. Any additional need, no proof needed

Mon 27th Oct, 4.30-6.00

Zone Soft Play, Dalton Sq, Lancaster
Additional needs exclusive play session
any age, £2.50 each

Tues 28th Oct, 1.00-3.00

AOK Halloween Party, Lune Park CC,
session for under 8's with additional needs
and siblings

Thurs 30th Oct, 4.30-6.00

Wacky Warehouse, Morecambe
Additional needs reduced rate play session
any age, £2.00 each

Tues 4th Nov, 10.30-12.00

Local Parent Carer Forum, Poulton CC
Rachel Shatford 01772 532509
Guest speaker: CAMHS transition team and
Lancashire CC Support Services for Families

Tues 4th Nov, 1.00-3.00

Parent Partnership Officer by appointment
AOK, Lune Park CC,
to book contact Trisha/Claire 01524 382818
or jill.marrs@lancashire.gov.uk

Wed 5th Nov, 10.00-12.00

NAS meeting, Firbank CC

Guest speaker:

Pam Hayes, Alternative Futures Group

<http://alternativefuturesgroup.org.uk/>

Parent Partnership by appointment

jill.marrs@lancashire.gov.uk

Thurs 20th Nov, 9.30-4.30

Kidz Up North, Event City, Manchester
<http://www.disabledliving.co.uk/Kidz/North>

Fri 28th Nov, 10.00-12.00

NAS coffee and chat

Sir Richard Owen Wetherspoons, Lancaster

Monday, 1.00-3.00, Bright Sparks, Poulton CC

A support group for families with children with disabilities/additional needs who are aged 0-5 years. Stay and play is free or £5 per session for respite. Phone Matt Cooper on 01524 833644

Monday, 5.00-7.00, Kids United

Mencap, Charles St, Morecambe, Leona 07432274195

Tuesday, 1.00-3.00, AOK, Lune Park CC

Peer support group for parents/carers of children with additional needs with or without a diagnosis from birth to 8 yrs. Come for a chat with other parents/carers. Bring your children along to play, do craft activities and use our sensory room.
contact Trisha/Claire 01524 382818. Parent supporter is Lucy Ellis.

Wednesday, 10.30-12 (including school hols)

Unique Kidz Coffee and Cake, West End Impact
Children welcome. Contact Jane Halpin 07544570384

Saturday, 10.30-11.30, Multi-ball skills sessions

Globe Arena astroturf pitch

For children with an Autistic Spectrum Disorder and their siblings.
£3.00 per child. Booking essential. Please contact Morecambe community sports at the Globe on 01524 411797

Saturday, 9.00-12.00, Bright Sparks, Heysham CC

A group developed in consultation with children, parents and carers as well as partner organisations to provide regular respite care for families with children between the ages of 4-8 with additional needs. For more info and to book your place please contact Victoria Hutton on 01524 409569

Saturday, 1.00-4.00, Saturday Superstars, Heysham CC

Saturday superstars is an onsite Saturday scheme, providing a wide range of activities including sport, music, arts and craft, ICT, drama, cooking and many more. It also provides the children with the opportunity to just chill out with their peers and have a great time. These sessions are for children aged 8-18 years old with additional needs. For more info and to book your place please contact Victoria Hutton on 01524 409569

Saturday, 3.30 & 4.30, Trampoline, University of Cumbria

Trampoline session for children with additional needs.

Pre bookable sessions only. Please contact Sports complex on 01524 526526 for more info

If you have a group or event that may be of interest to our members, please email landm@nas.org.uk