

# ABC NEWSLETTER

Leeds & District Autism, Behaviour, Communication Support Group - Registered Charity  
No. 1023066

[www.abcleeds.org.uk](http://www.abcleeds.org.uk)

January - February 2011

Contact us at Leeds ABC, 25 Somerdale Walk, Bramley, LS13 4SF Tel: (0113) 2579269 or email [info@abcleeds.org.uk](mailto:info@abcleeds.org.uk). Views expressed by correspondents are their own and not necessarily those of the committee members or the editor. Leeds ABC does not recommend any one approach to autism, just as no two people are the same, so their individual responses will differ.

## CONTACT NUMBERS

Susan - 2579269, Mandy - 2795142, Susan C. - 2770779 or Vic - 2822797

GROUP MEETINGS	JANUARY	FEBRUARY	MARCH
<b>LEEDS ABC - EVENING MEETINGS St PETER'S CHURCH (COMMUNITY ROOM, lower floor)</b> Hough Lane, Bramley, LS13 3JF	Tuesday 10 <sup>th</sup> from 7pm to 9pm. As well as talking, there will be an opportunity to make resources.	Tuesday 14 <sup>th</sup> from 7pm to 9pm. There will be a talk and display from <b>Fay Morris</b> of O2 about *CEOP and Internet safety.	Tuesday 13 <sup>th</sup> from 7pm to 9pm. <b>Shannon Coles</b> from the *STARS team will be talking about *PDA and the recognised link to autism/AS.
<b>LEEDS ABC - DAYTIME MEETINGS St PETER'S CHURCH (UPPER HALL)</b> Hough Lane, Bramley, LS13 3JF		Half term family fun day on Wednesday 15 <sup>th</sup> from 11am to 2pm. Plenty of activities for all.	(Nothing in March as there will be 2 family fun days on both Tuesdays during the Easter holidays!)
<b>NEXT GENERATION YOUTH GROUP</b> <b>High functioning autism or Asperger's age 11-18 yrs</b> Burley Lodge Centre 42-46 Burley Lodge Road LS6 1QF	Every Wednesday (term time only)  6pm to 8pm	Every Wednesday (term time only)  6pm to 8pm	Every Wednesday (term time only)  6pm to 8pm
<b>PRIMARY YOUTH GROUP</b> <b>High functioning autism or Asperger's age 7-11 yrs.</b> Burley Lodge Centre 42-46 Burley Lodge Road LS6 1QF	Every Monday (term time only)  6pm to 8pm	Every Monday (term time only)  6pm to 8pm	Every Monday (term time only)  6pm to 8pm
<b>KIRKSTALL LEISURE CENTRE</b> Kirkstall Lane, LS5 3BE Family swim in <b>large</b> pool	Saturday 14 <sup>th</sup> from 5pm to 6pm.	Saturday 11 <sup>th</sup> from 5pm to 6pm.	Saturday 10 <sup>th</sup> from 5pm to 6pm.
<b>YOUTH CLUB for SIBS and their FRIENDS</b> Swallow Hill Community College, Whingate Road, LS12 3DS	Every Thursday from 6.30pm to 8.30pm	Every Thursday from 6.30pm to 8.30pm	Every Thursday from 6.30pm to 8.30pm
<b>AUTISM/ASPERGER ADVICE SESSIONS</b> 3 <sup>rd</sup> floor meeting room Central Library	Friday 6 <sup>th</sup> from 10.00am to midday.	Friday 3 <sup>rd</sup> from 10.00am to midday.	Friday 2 <sup>nd</sup> and 30 <sup>th</sup> from 10.00am to midday (because of Easter holidays).

\*CEOP - Child Exploitation & Online Protection \*STARS - Leeds Autism Outreach Service \*PDA - Pathological Demand Avoidance

**LEEDS ABC YOUTH GROUP**

The Next Generation runs every Wednesday (term time only) at THE BURLEY LODGE CENTRE, 42-46 BURLEY LODGE ROAD, BURLEY, LS6 1QF  
 It is for young people with high functioning autism or Asperger's syndrome aged 11-18 years at a cost of £3 per week. We have a team of young, enthusiastic volunteers who are all CRB checked. Activities include arts and crafts, games, social skills sessions, specialist workshops and occasional trips out. For further information contact Leeds ABC Vice Chairperson, Mandy Craven on 0113 2795142/07769317744 or Email: [mandycraven.leedsabcgroup@googlemail.com](mailto:mandycraven.leedsabcgroup@googlemail.com)



### PRIMARY YOUTH GROUP

This group is on Mondays (term time only) at THE BURLEY LODGE CENTRE, 42-46 BURLEY LODGE ROAD, BURLEY, LS6 1QF. It is for children aged 7-11 years with high functioning autism or Asperger's Syndrome at a cost of £3 per week. All the volunteers are CRB checked and activities include arts and crafts, games, social skills sessions and specialist workshops. The children attending will work together to choose a name for the group and design a logo. For further information contact Leeds ABC Vice Chairperson, Mandy Craven on 0113 2795142/07769317744 or Email: [mandycraven.leedsabcgroup@googlemail.com](mailto:mandycraven.leedsabcgroup@googlemail.com)

### LEEDS ABC GROUP and LEEDS YOUTH SERVICE SIBLING GROUP

This is a group for young people attending high schools. It is running at the Swallow Hill Community College from 6.30pm - 8.30pm every Thursday, at a cost of £1 per week. Many different types of activities will be available such as pool, Wii, cookery, quizzes, urban arts and crafts, in fact activities will be chosen by the young people that attend. If you are interested or need to know more, please contact Mandy (Leeds ABC Group) [mandycraven.leedsabcgroup@gmail.com](mailto:mandycraven.leedsabcgroup@gmail.com) or 0776 931 7744 or Lauren Whyte (Senior Youth Worker) 0789 127 7365

### AUTISM/ASPERGER ADVICE SESSIONS

Leeds Library and Information Service in partnership with STARS (Education Leeds Autism Response Service) and Leeds ABC will help you with advice on issues relating to individual children and young people with autism or Asperger syndrome and their specific needs as well as information and support for parents. Library staff will help you use Boardmaker to design and print visual resources. All sessions run from 10.00am to midday on the 3<sup>rd</sup> floor meeting room of the Central Library.

### BOARDMAKER (PECS SYMBOLS)

The software programme, Boardmaker, has thousands of symbols and images that can be printed and used to support visual communication e.g. communication boards, visual timetables and social stories and is available in 25 libraries across Leeds. Parents and Professionals can book sessions with a librarian to learn how to use the software or use the software independently to print boards and symbols. Each library has a laminator so that you can laminate your boards and symbols after printing. There is no charge for using Boardmaker in libraries or for laminating your boards and symbols, but there is a charge of 15p per page for printing. The libraries are:

<b>ARMLEY</b>	<b>BEESTON</b>	<b>BRAMLEY</b>	<b>CENTRAL</b>	<b>CHAPEL ALLERTON</b>
<b>CHAPELTOWN</b>	<b>COMPTON ROAD</b>	<b>CROSSGATE S</b>	<b>DEWSBURY ROAD</b>	<b>GARFORTH</b>
<b>GUISELEY MIDDLETON</b>	<b>HALTON MOOR ALLERTON</b>	<b>HEADINGLEY MORLEY</b>	<b>HOLT PARK OAKWOOD</b>	<b>HORSFORTH OTLEY</b>
<b>PUDSEY</b>	<b>ROTHWELL</b>	<b>SEACROFT</b>	<b>WETHERBY</b>	<b>YEADON</b>

For further information visit, [www.leeds.gov.uk/boardmaker](http://www.leeds.gov.uk/boardmaker) or telephone Enquiry Express for more details: (0113) 2476016. Alternatively you can also contact the Learning Co-ordinator, Jason Tutin on: (0113) 3952357 or email: [jason.tutin@leeds.gov.uk](mailto:jason.tutin@leeds.gov.uk).



# *PRESENTS*

**A ladies only charity disco**

for

**Leeds ABC Support Group**

***Registered Charity No. 1023066***

**Supporting families dealing with  
autism**

*at*

**STANNINGLEY RUGBY CLUB,  
Coal Hill Drive, LS13 1PA**

*on*

**SATURDAY 24 MARCH 2012**

*from*

**7.30pm - midnight**

***RAFFLE AND NIBBLES!***

**Tickets: £5.00**

**ENTRY BY TICKET ONLY**

**CONTACT:** SUSAN on 0113 2579269 (you can leave a message)  
or email: [info@abcleeds.org.uk](mailto:info@abcleeds.org.uk)

**PICTURE EXCHANGE COMMUNICATION SYSTEM (PECS) BASIC TRAINING**

This 2 day workshop is the basic accredited training in PECS and recommended for family members as well as professionals. PECS can be implemented with adults, as well as children and this workshop is appropriate for people working in all settings. You will learn everything you need to know to begin successfully implementing PECS. Every attendee will receive a PECS manual.

Date: 19 & 20 March 2012

Venue: Weetwood Hall Conference Centre & Hotel, Otley Road, Leeds LS16 5PS

Costs: £295 professionals; £150 parents

For more information or to book a place, please go to [www.pecs.com](http://www.pecs.com) or phone 01273 609 555

### **A COURSE FOR ADULTS WITH MILD LEARNING DISABILITIES AND HEALTH PROBLEMS - NHS EXPERT PATIENTS PROGRAMME**

This is a free 9 week course for adults with mild learning disabilities who live independently or with minimal support and who have health problems like diabetes, heart problems, asthma, epilepsy, pain, weight problems, problems with low mood and feeling anxious and other health problems. You would learn about relaxation, breathing easier, healthy eating, being active, what to do when we feel angry or upset, solving problems, making choices, making plans which work for us, talking to health staff.

The course:

- There will be a group of about 12 people
- Everyone will join in as much as they want to
- The course teaches us how to look after our health and it's fun too
- The course will run every week for 9 weeks
- It's two and a half hours a week on Thursdays 1.00pm - 3.30pm
- You need to come every week - it's not a drop in
- There will be something to drink and healthy snacks like fruit
- At the end of the course you will get a certificate

The course starts **Thursday 2 February 2012** and runs **every Thursday from 1.00pm - 3.30pm** ending on **Thursday 29<sup>th</sup> March 2012** at **Mencap Hawthorne Centre, Londesboro Terrace, Leeds LS9 9NE**

If you are interested and would like a place, please phone 0113 843 4548 or 07944 299403.

### **LEEDS ADULT AUTISM STRATEGY LAUNCH - THURSDAY 19<sup>th</sup> JANUARY 2012 - CIVIC HALL**

Leeds is working to improve the lives of adults with autism. Come along to the launch - 12.30pm to 3.30pm

and find out about the work so far:

- Listen to guest speakers
- Get your copy of the strategy
- Tell us what training we need in the city
- Share your thoughts
- Visit information stalls

The event will be opened by: **Sandie Keene** (Director of Adult social care) other speakers include: **Nigel Gray**, (Deputy Director of commissioning NHS Leeds) Councillor **Lucinda Yeadon**, (Executive member for Adult Social Care, Leeds City Council) and people on the autistic spectrum. Places are limited, so if you would like to attend please contact Helen Gee on telephone: 0113 247 6060 or email: [helen.gee@leeds.gov.uk](mailto:helen.gee@leeds.gov.uk) [www.leeds.gov.uk/autism](http://www.leeds.gov.uk/autism)

### **BEAUTIFUL OCTOPUS CLUB - TUESDAY 20<sup>th</sup> MARCH 2012**

An uplifting club night, presented by a crew of adults with learning disabilities, supported by Playhouse staff. Join us for live music and dancing at the friendliest, most accessible club night in Leeds! Strictly over 18s only! Beautiful Octopus Club takes place in the Leeds University Union. Tickets are £6.50. For more information go to [www.wyp.org.uk/what's-on/2012/beautiful-octopus-club/](http://www.wyp.org.uk/what's-on/2012/beautiful-octopus-club/)

### **SOCIAL CARE FOR ADULTS WITH AUTISM**

The Social Care Institute for Excellence (SCIE) has produced a new guide on how to improve access for social care for adults with autism, based on research by the University of Sussex. To look at this information, go to <http://www.teamaroundthechild.com/allnews/developmentsintreatment/464-social-care-for-adults-with-autism.html>

# Leeds Autism Network

## Puberty and Sexuality

### Support for high school students with autism

Wednesday 8<sup>th</sup> February 4.15pm – 5.30pm  
at Roundhay High School

To book please contact Tina Hibberd at  
[hibberca01@leedslearning.net](mailto:hibberca01@leedslearning.net)

#### **“GET THE MESSAGE” BALLOON RACE - SATURDAY 14<sup>th</sup> JANUARY 2012**

Hosted by Children’s Speech & Language Therapy Service and Leeds Library & Information Services. The venue is Leeds Central Library from 10.30am to 12 noon with the balloon launch at 12. This will be a balloon race celebrating the success of 2011 The Year of Communication and looking to the future for children with Speech, Language and Communication Needs. There will be: fun family activity session, Makaton workshop, Boardmaker demonstration, refreshments and lots more! All welcome!

#### **FIRST FLOOR OPEN DAY - SATURDAY 14<sup>th</sup> JANUARY 2012**

If you are aged 11 to 19 (14 to 25 with a learning disability) there are a whole range of activities like drama workshops, sculpture, rap, singing, graffiti art and much more on offer for you to take part in. At First Floor we want to help young people to learn new skills, discover new talents and interests and meet new people. We want to help you find out what you're good at and develop it. We also want young people to be able to learn about the different kinds of jobs within a theatre and find out how to get more experience or training. During the school day programmes are run for groups of young people, not in full time education, training or employment. Located in the city centre, First Floor boasts a spacious and flexible performing arts studio, visual arts studio, Green Room and a large reception and informal meeting area. First Floor is fully accessible and forms part of 6 St Peter's Building. Call in from **11am to 3pm** to find out more about what is on offer at First Floor. You can join in free workshops, find out about projects and activities, have a snack and look around.

#### **BUZZ CAREERS CONVENTION - TUESDAY 7<sup>th</sup> FEBRUARY 2012**

The Buzz Convention is aimed at young people with learning, physical, emotional or behavioural difficulties, from both special and mainstream schools. These young people are likely to need a supportive learning environment or embark upon a discrete special needs college course. This event is also open to parents/carers to enable them to find out about post school options for the future. It will take place from 9.30am – 1.30pm at the John Charles Sports Centre, Middleton Grove, Leeds LS11 5DJ in the Parkside and Grandstand Suites.

For more information contact Marianne Tharby on 0113 2204864, mobile 0778 7281 686 or email [marianne.tharby@prospects.co.uk](mailto:marianne.tharby@prospects.co.uk)

#### **LEEDS MENCAP PLAYSCHHEME - AGES 9-13 years**

Leeds Mencap is pleased to advise that we will be running a playscheme for one week at our East End Park building from 13<sup>th</sup> -17<sup>th</sup> February 2012. There are only a limited number of places and these will be given on a first come first served basis, so please return forms as soon as possible. Places will only be confirmed on receipt of full payment. Cheques are to be made payable to Leeds Mencap. The Playscheme will run from 10am to 3pm at a cost of £12 per day. You will be contacted should your child be successful in obtaining a place at the playscheme. The playscheme leader is Elaine Birch and if you are interested in obtaining a place, please contact Leeds Mencap through the day on 0113 2351331 or Elaine during the evening on 0778 948 7993. These are the contact numbers if your child cannot attend because of illness. All forms must be returned to Elaine Birch at 19 Knowle Road, Burley, Leeds LS4 2PJ or email [info@leedsmencap.org.uk](mailto:info@leedsmencap.org.uk)

## LIGHTHOUSE SCHOOL

The Lighthouse School will come under the heading of a "Free" school. It will be a non-denominational day school offering specialist education and life skills training for children aged 11 to 19 who have autism spectrum disorders and related communication disorders. The site will be on Richardshaw Lane in Pudsey affording close proximity to the mainstream partner school, Pudsey Grangefield. The teaching techniques of Applied Behaviour Analysis (ABA) will be applied in both one-to-one and group teaching environments to deliver peer to peer learning. If you are interested and would like more information, please go to [www.lighthouseschool.co.uk](http://www.lighthouseschool.co.uk)

## PAWS (PARENTS AUTISM WORKSHOPS and SUPPORT)

These workshops are aimed at parents of children aged 3-16 years with a clinical diagnosis of autism in order to explore the potential benefits that a pet dog may have for their families. Parents will attend a series of three-one day workshops run by Child Development and Dog Training & Welfare Project Workers. Providing an overview into how a pet dog may help families, workshops cover a range of topics, from selecting the right dog for the child and family to practical ways in which the dog can help the child's development. Following the workshops, the team will offer ongoing support for all families enrolled. Open to both dog owners and those without pet dogs. Contact on tel: 01295 759836 or email: [PAWS@dogsforthedisabled.org](mailto:PAWS@dogsforthedisabled.org)

Dates: 14<sup>th</sup> February 2012, 13<sup>th</sup> March 2012, 3<sup>rd</sup> April 2012

Venue: Dogs Trust Rehoming Centre, Woodlands Farm, York Road, LS15 4NL

Duration: 10am-3pm approx on all 3 days.

Costs: £30 for all 3 workshops. Refreshments, lunch, resources and long term support included in this fee.

## I.C.E - PREPARING FOR AN EMERGENCY

Enter the word ICE (In Case of Emergency) into the address book of your mobile phone. Then enter the telephone number of the person who should be contacted in the event that something happens to you. Emergency services will look for this number should the situation arise.

## SING by Daniel White

I'm looking for love  
I've found you  
But dare not say it

It might come true  
I listen to your words  
In a tune  
And when you sing  
My heart does too



LeedsAbcGroup



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***"Supporting each other, learning together"***