

Hillington Autistic Care and Support
Registered Charity No 1066859

H A C S N e w s l e t t e r

June 2010

Dear Members

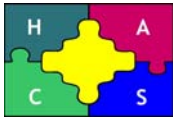
As this newsletter is being written, we are finally seeing our first glimpse of Summer! In this edition of the newsletter there are some ideas for stress free travel and holiday locations either recommended by members or details that have been sent to us by other organisations.

HACS has settled in well at the premises and already there are many activities being planned. For full details see Recreation Update and, if you haven't booked already, there are still places for Circus Hilarious at the Beck Theatre on 2nd June and the HOAC Activity Day on 13th June.

Staff have been very busy organising various workshops which have proved a great success with members, parents and schools. Sean Pavitt presented a fascinating workshop on "Demystifying Autism" and SEN Legal's workshop "Working Together - Working Over" was invaluable for parents and professionals. We would like to thank SEN Legal for giving their time free of charge. A CD of this presentation is available for purchase at a cost of £5 and will be posted out when payment is received. Gina Davies from Attention Autism is currently providing a course of 6 workshops and there are a few places available (11th June Toileting, 25th June Outings, and 9th July Attention sharing)

A new initiative is the introduction of a morning monthly support meeting with free crèche provided by Hillington Play Association. For the March meeting, Pam Sickelmore, a HACS trustee, gave an informative talk on "Practical Tips and Solutions in the Home" and for our next meeting on 9th June a Speech and Language Therapist will give an introduction to PECS (Picture Exchange Communication System). Also, on the 9th June, from 8.00 to 9.30 pm, we are fortunate to have Catherine Black talking on "My Life with Aspergers". This meeting can be attended by parents/carers, grandparents, family members, children with an ASD and their siblings (secondary school age and above). Please contact Louise at HACS if you are attending either meeting.

Louise Underwood - Editor



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Fundraising News

A BIG THANK YOU TO ...

Member cycles 6 miles for H.A.C.S. On 6th December 2009 Louie Blackman, aged 10 and a member of HACS, braved the wind and the rain to complete a sponsored bike ride for the charity raising £202.22. Louie said "I wanted to do something for HACS because they do a lot for me". Thank you to everyone that so kindly sponsored this event.

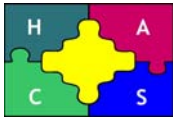


Fundraising is an essential part of HACS which enables us to continue to provide valuable services for parents and carers. Our main fundraising event, our Grand Summer Ball, is on 3rd July at The Radisson Edwardian Hotel, Hayes. A 3 course meal will be served with table wine, followed by a dance and auction. Music is by Dave Cook, "Being Frank", a Sinatra sound-a-like and dancing to Mixed Company. The cost per ticket is £65 (or £60 early booking price) and there are discounted rates on overnight accommodation. If you are unable to attend the ball an alternative is to either donate a raffle/auction prize or sponsor part of the ball for eg. the welcome drinks, napkins, candles, balloons. For full details see flyer enclosed with the newsletter.

HACS would like to thank the various individuals and organisations that fundraise for us. These include Grange Judo Club with their golf day and charity walk along the Inca Trail and Mark Woods who recently ran the Gerrards Cross fun run in aid of HACS.

Finally, we would like to express our appreciation to Nicholas Smith and Barclays PLC who continually support the charity by matching £ for £ and sponsoring various events throughout the year.

Full details of all our events are given on the Dates for your Diary flyer



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...Stop Press...

*** SPECIAL CHILDREN'S DAY ***

At ZSL London Zoo

Saturday 12th June 2010

Closing date is 4th June - Book direct with London Zoo (see flyer included with newsletter)-

ACTIVITIES FOR KIDS

Half term activities for children in Bucks

For full details

<http://thomleyactivitycentre.org/wp-content/uploads/may-2010-holiday-planner.pdf>

SEN LEGAL "WORKING TOGETHER - WORKING OVER"

A CD of this presentation is available for purchase at a cost of £5 and will be posted out when payment is received.

"Small, Smart Responses to Big Behaviours!"

Presented by John Clements

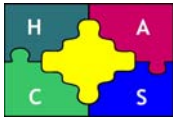
Monday, 14th June 2010 7:30pm

Oak Hotel, Hatfield, Hertfordshire

No charge, but seats are limited so please book your seats in advance

Contact Jules Armstrong-Robbins, Tel: 01442 864404

Email: jules@bridgewater.it



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News

Why are females with Autism under diagnosed?...

An interesting article on why females with Autism might struggle to get the correct diagnosis has been published in The Times. You can read the full article through the link: <http://tinyurl.com/y99bkk3>

Asperger United...

A free magazine produced by and for people with autism spectrum disorders. It puts people with the condition in touch with each other and shares information. The first edition for 2010 features letters, pen pals, DVD & book reviews, poems and more. Email asp.utd@nas.org.uk to subscribe.

Disabled student's allowance (DSA's)...

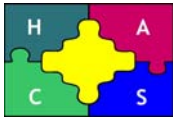
Disabled Students' Allowances (DSAs) provide extra financial help if you want to study a higher education course and have a disability, ongoing health condition, mental health condition or specific learning difficulty. For full details see

http://www.direct.gov.uk/en/DisabledPeople/EducationAndTraining/HigherEducation/DG_10034898

The Challenging Behaviour Foundation...

wants to see children and adults with severe learning disabilities, who are described as having challenging behaviour, having the same life opportunities as everyone else, including home life, education, employment and leisure. Some children and adults with severe learning disabilities typically display behaviour which may put themselves or others at risk, or which may prevent the use of ordinary community facilities or a normal home life. This behaviour may be in the form of aggression, self injury, stereotyped behaviour or disruptive and destructive behaviours. These behaviours are not under the control of the individual concerned and are largely due to the individual's lack of ability to communicate. For full details see

www.challengingbehaviour.org.uk



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Summer Holidays

AIRPORT AWARENESS - TRAVEL ADVICE FOR PARENTS AND CARERS OF CHILDREN ON THE AUTISTIC SPECTRUM

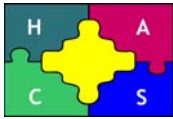
An information guide to help adults travelling with autistic children has been produced by Manchester Airport. Airport Awareness uses images to show what to expect on a journey from arriving to checking-in, to going through security and returning home. Airport press officer Katy Gough created the guide after several requests by carers for airport pictures to help children plan their trip. The unfamiliar sights and sounds of the airport can cause stress and worry for young autistic passengers and their families, she said.

Ms Gough has personal experience of the disorder through a member of her family and wanted to help passengers whose children have Autistic Spectrum Disorders (ASD). "The main problems are that the airport environment is an alien one and processes such as check-in and security require co-operation with strict guidelines," Ms Gough said. "However, by including chronological information in the guide about each stage of travelling through the airport and by illustrating the guide with photographs, parents are able to plan their journey with their child, helping them to understand what to expect."

The free guide is available from the information desks, airport website and has been supplied to local autism charities and schools with special needs units. Airport Awareness can be downloaded by clicking on the following link or downloaded direct from Manchester Airport website (just type in Autism in the search area)

[http://www.manchesterairport.co.uk/manweb.nsf/alldocs/4D4CC20F97DD74008025736400407C2E/\\$File/Airport+Awareness+book.pdf](http://www.manchesterairport.co.uk/manweb.nsf/alldocs/4D4CC20F97DD74008025736400407C2E/$File/Airport+Awareness+book.pdf)

Editors note: even if not using Manchester airport, this idea can be adapted for different airports



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If you are booking your Summer holiday there are a number of places that may be of interest to members. Full details have appeared in past newsletters and if you require more information please contact the organization direct or Louise at HACS.

The Thomas Centre in Lincolnshire (recommended by HACS member) details are available on their www.thethomascentre.co.uk or contact 01507 363 463

The Scouts Holiday Homes Trust details on their website www.scoutbase.org.uk/hq/holhomes/index.htm or by phone 0208 433 7290 or 0208 433 7291.

Orchyd is a registered charity which creates an annual holiday for physically disabled children. They say "We produce an unforgettable ten days in August for twenty children from the UK".
Details on <http://www.orchyd.org.uk/>

Linda and Nigel Giddings - Holidays in Scarborough for people with learning disabilities. Email: hftthscarborough@yahoo.co.uk Tel no 01723 256 979

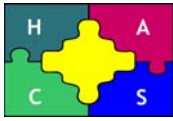
Berwick Holiday Park - caravan for hire belonging to Asperger and autism support group. Email: baagsmail@yahoo.co.uk Tel No. 01896 668 961



HACS would like to thank Hillingdon Play Association for their crèche support at our morning support group meetings

HACS WEBSITE

Remember to regularly check the HACS website for events and important updates. Forms for events can also be downloaded.



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Parents Page

NEW Hillingdon Parents Carers Forum...

This website has now been launched. It is still in the early stages of construction but the e-forum is ready and working. Check it out at <http://hillingdonparentscarersforum.org.uk>

Get on in school, Get online at home, Home Access...

A government drive which will help low-income families to get access to a computer and the internet to get online at home. If you are a low income family in receipt of certain benefits you could qualify for a grant to buy a computer and/or a minimum of one years' internet access. The program is aimed at those that need it most and targets families that do not have access to a computer or the internet at home. Visit www.homeaccess.org.uk for further information or to apply.

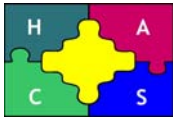
'Every Child Matters' new free directory...

Every child matters is a shared program of change to improve outcomes for all children and young people. The website is packed full of news, advice & resources. Parent Know How is a new program designed to deliver better outcomes for children & parents by driving greater efficiency, innovation and reach in the parenting information & support services funded by the DCSF. Visit the site to download a free directory which is a comprehensive online directory offering parents & those working with them the ability to search for information about childcare and family services, in both their local community and nationally. www.dcsf.gov.uk/everychildmatters

Options Group information bulletin - Geoff Evans article...

The Options Group provide exceptional services to children and young people with autism. Geoff Evans, Director of Autism Services at the Options Group, is writing a series of articles surrounding key issues in autism and providing top tips that both parents and professionals have found helpful when seeking to support individuals with autism. To see the articles go to link

<http://www.optionsgroup.co.uk/resources/resources.html>



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The new Learning Centre - Parenting Skills...

Useful parenting resources (CDs, DVDs and books). Titles include:-

"Descriptive Praise"

"Never Ask Twice"

"Rewards and Consequences that work"

"Bringing out the best in Boys"

"Transforming Homework Hassles"

New titles out are "Siblings with Less rivalry" "Calmer, Easier, Happier Mealtimes" and there is a special reduced launch rate if ordered by end of July. For full details see <http://www.tnlc.info/>

Positive Parenting Magazine...

A quarterly positive parenting magazine aimed at families with young children on the autism spectrum. See link <http://aukids.co.uk/>

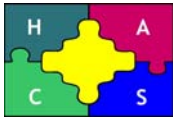
ITEMS FOR SALE

HACS are selling 2 new (unused) integral appliances that are not required at our new premises. They are:-

Fridge IKEA made by Whirlpool model number CBU
63SW floor standing originally £250 but we are selling for £100

Microwave convection oven 1000watts made by Zanussi model number
ZMC30STQX stainless steel. Selling on a well known auction site for £190
but we are selling for £100.

To arrange a viewing please contact us on 0208 606 6780. These items are pick up only but if you have transport problems it may be possible for us to deliver for a charge.



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Recreation Update

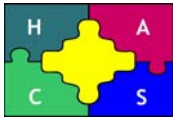
Good News to share - launch of H.A.C.S. Saturday Club!

We are delighted to share with you that we have received funding from the Aiming Higher for Disabled Children fund to launch a brand new project for 2010 - a Saturday club for children with A.S.D. aged 3 - 10 years. This will run from our Resource Centre and will operate every other Saturday, starting in late June 2010. Look out for more information!

Easter Playscheme 2010

The Easter Playscheme 2010 was the first full Playscheme to run from our brand new Resource Centre and was a huge success! Activities at base included use of our new trampoline, a morning using our Pump it Up Pro Dance Mats and also a visit from the local Police and Dog Handling Unit.





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Youth Group News

I am delighted to share that after another successful recent movie night, we will now be making this a more regular feature of our programme of Youth Activities. We will now be running our Youth Group movie nights every other week. This activity for young people aged 12 years and over and is free. Our next movie night is Tuesday 8th June watching the film Avatar. If you would like to attend please contact Stephanie@hacs.org.uk.

We have a number of other forthcoming activities for the Youth Group:

Circus Hilarious - Wednesday 2nd June, 2pm - 5pm at the Beck Theatre

This activity is for children aged 8 years and over. Featuring the 2007 Best Comedy Award-Winners, father and son Clive Webb and Danny Adams together with 'Clownforce' Cousin Timoni and Mick Potts create side-splitting humour with all the fun, magic and excitement of the big top. This event is £10 per person.

HOAC Watersports Day

This activity is for children aged 11 years and over. This is a fun day where all participants will be given the opportunity to try canoeing, sailing, rowing and motor boat rides with high levels of support from trained instructors and also our organisation's staff. This event is £10 per person.

If your child would like to attend any of these events please contact Stephanie@hacs.org.uk

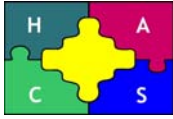


Summer Playscheme 2010



The Summer Playscheme will be running
from Monday 26th - Thursday 29th July.

Look out for the application forms which will be released very soon!



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June Monthly Support Meetings

**Wednesday 9th June 2010
10.30 am -12.00 noon**

**TOPIC: INTRODUCTION TO PECS BY SPEECH AND LANGUAGE
THERAPIST**

PECS (Picture Exchange Communication System). One of the methods used under an ABA approach, PECS uses pictures and other symbols to develop a functional communication system. PECS teaches children to exchange a picture of a desired item for the actual item. Studies show that PECS is effective in teaching communications that involve single words or short phrases, and that gains may generalize to everyday settings.

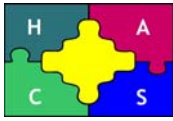
**Wednesday 9th June 2010
8.00pm-9.30pm**

**SPEAKER: CATHERINE BLACK, A PRESENTATION ON
"MY LIFE WITH ASPERGERS"**

This evening is suitable for:-

Parents/carers of children with an ASD
Children, with an ASD, of secondary school age and above
Siblings, grandparents, family members

H.A.C.S. Dudley Place, Off Pinkwell Lane, Hayes, Middx UB3 1PB
Tel: 0208 606 6780 Fax: 0208 606 6781 Email: enquiries@hacs.org.uk
www.hacs.org.uk



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HACS Library

THE LATEST ADDITION TO THE HACS LIBRARY...

Freeing Your Child from Anxiety by Tamar Chansky

It's natural for parents to worry about their kids. But when the kids are worrying more than the parents, that's cause for real concern. When does stress become anxiety, and anxiety become a disorder? This book can help you figure that out, and give you an idea of what to do next. Included are:-

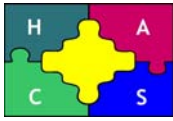
- A very wide range of anxiety-related problems and disorders.
- Explains anxiety to parents and helps them explain it to their children.
- Includes useful diagrams for visualizing anxiety and responses to it.
- Boxes offer practical, easy-to-find ideas.
- Calm tone helps to ease anxiety about anxiety.

Siblings - The Autism Spectrum Through Our Eyes edited by Jane Johnson and Anne Van Rensselaer

Growing up with a sibling on the autistic spectrum can be difficult, and the needs of a child with autism often overwhelm a family, leaving neurotypical children feeling overshadowed. For the first time, the 'neurotypical' siblings get to have their say. They recount the good, the bad, and the downright annoying in a way that all young people in a similar situation will immediately recognise. Young siblings of all ages candidly recount how being 'the neurotypical one' can be tiring, frustrating, and lonely, but equally rewarding, and every story is injected with wisdom gained by young people who often have to grow up a lot more quickly than their peers. This book is essential reading for children and teenagers with a sibling on the autistic spectrum, and for parents wishing to understand how autism in the family will affect their neurotypical child.

DISCLAIMER

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HACS Grand Summer Ball 2010

On Saturday 3rd July 2010
7pm for 7.30pm – carriages at 2.00am

In the Royal Suite setting, The Radisson Edwardian Hotel, Bath Road,
Hayes, Middx UB3 5AW

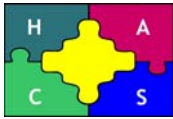
3 Course Dinner And Table Wine
Dance, Auction and Raffle to follow

Music by Dave Cook
"Being Frank" a Sinatra sound-a-like
Followed by
Dancing to Mixed Company

£65 per ticket (£60 early booking, if paid by 28th May 2010). Tables
hold maximum of 12 persons)

Discounted rates on overnight accommodation if reservation made
through HACS (details available upon request. Free parking for all
guests.

For further details and to reserve tickets or table, please contact Louise at HACS
Resource Centre on 0208 606 6780 or email louise@hacs.org.uk



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*** SPECIAL CHILDREN'S DAY ***
At ZSL London Zoo
Saturday 12th June 2010

Full name:
Daytime telephone number:
Address:
Email:

Please tick the box to receive an email update for next years London Zoo Special Children's Day

Please send me the following tickets (At reduced rate of entry for the day):	Quantity	Charge	Total
Children under 3	_____	no charge	
All Children age 3-18	_____	£8	£ _____
Adults	_____	£12	£ _____
Essential carers (over 18)*	_____	no charge	
		Total	£ _____

* Essential carers, in this instance, are those required to guide a blind or autistic child, or to push a wheelchair, for example.

I enclose a cheque / postal order for £ _____
(Made payable to: *Zoological Society of London*)

I enclose a large (A5) SAE envelope for return of tickets

Please send your booking form, cheque / postal order and Stamped Addressed Envelope to:
Special Children's Day, Education Department,
London Zoo, Regent's Park, London NW1 4RY
(By the 4th June 2009)

We regret that we are unable to take payment over the phone

Additional Information this information will help us to improve and develop the day for everyone.

How many children in your party have a disability of any nature?

For your child / group please state the nature of the main disability/ies:

Where did you originally hear about this event?

REMEMBER TO ENCLOSE A STAMPED ADDRESSED ENVELOPE, OR WE CANNOT SEND YOUR TICKETS AND MAP!!

London Zoo is an integral part of The Zoological Society of London, registered charity no. 208728

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