

HACS NEWSLETTER

Special points of interest:

- Tips for a Happy Christmas
- Resources for parents/carers
- Activities for children
- Activities for young adults
- Dates for Spring term clubs
- Money Management

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WELCOME TO THE WINTER 2010 NEWSLETTER

Dear HACS members

Welcome to the latest HACS newsletter. In this issue, we are appealing for help with the Christmas Wrapping (just a few hours of your time would really help us). We would also like to invite you to our last monthly support meeting of the year on 8th December from 10.30 to 11.30 a.m. for mince pies and hot mulled apple juice.

2010 has been a very busy year for HACS and the move to our new premises enables us to provide valuable services to parents/carers, their children and professionals in the field of autism. We held a number of workshops and, due to demand, we ran a second course of the Attention Autism workshops. Also, due to the suitability of the new premises, we have been able to introduce a Saturday club, regular movie nights and an after school club.

2011 promises to be equally busy with lots of activities planned. Already we have secured a booking with Dr Wendy Lawson (an adult with autism) who will be speaking on "The Passionate Mind: How Individuals with Autism Learn" at our conference. The date for the conference is on 2nd April 2011 which is also World Autism Awareness Day.

We are delighted to announce that we have secured funding from the Big Lottery Reaching Communities Fund for employment of an additional Family Support Worker and a new post of Information Officer.

From all of us at HACS we would like to wish everyone a Merry Christmas and a Happy New Year.

DISCLAIMER

The opinions expressed in the HACS newsletter are not necessarily those of the editorial team or publishers. Articles written by freelance contributors do not necessarily represent the views of HACS. Products and services advertised are not necessarily recommended by

TIPS FOR A HAPPY CHRISTMAS



Plan and prepare well in advance for Christmas, so there aren't too many surprises. This can be done with calendars or planners. These can also help to minimise their response to the huge changes to their routine and the excitement of others around them. The planner can be used to indicate when the decorations go up, when family and friends visit etc. It is also worthwhile indicating when school term ends and starts again, to show when the child will be at home and when back at school. (See end of page for a very useful planner from Lakeland)

Give your child some Christmas-free time on the schedule each day. This can be helpful for you to observe levels of anxiety and make any adaptations you need to preparations for the rest of the day.

Look at the world of Christmas through your child's eyes. What aspects of Christmas would they enjoy? Incorporate one of these into a daily schedule, billed perhaps as 'daily Christmas activity', something perhaps that your other children could either observe or do as well.

Which aspects of Christmas overload your child and which might be avoided? Could some take place in a bedroom, eg could the Christmas tree be put in a bedroom? If your other children have separate bedrooms from your child, they could perhaps decorate their bedrooms and make them the Christmas zones in your house, rather than communal areas, such as the living room. This will greatly reduce any sensory overload and anxiety about the changes in your house for your child.

Present opening. Don't feel that all the presents have to be opened on Christmas morning in the traditional way, it can be overwhelming for your child. Your child may find it easier to cope by allowing them a few gifts at a time throughout Christmas Day and Boxing Day.

Visiting family and friends? Fill a backpack with things your child finds comforting or enjoys playing with - toy cars, a stuffed animal, a CD and CD player, or a few books. If your child gets over stimulated, find a quiet corner or a back room and pull out the backpack.

Stay calm! If your child reacts badly to stress, staying relaxed and low-key over the Christmas period is one of the best things you can do to keep your child's behaviour in line. Save the tantrum (yours) for when you get home.

Please see link below for fun and useful visual planner from Lakeland

<http://www.lakeland.co.uk/F/product/42312?src=email&email=101118gifts%28prospects%29>

THANK YOU....

HACS would like to thank the following organisations and individuals for their donations:-

The Bolger family raised a staggering £3200 at their "Evening of Music and Song"

Barclays PLC for their continued support of HACS through matched funding, fundraising and supporting many of our events. Also for the Beck Theatre "Sleeping Beauty" pantomime tickets

Hasbro for donations of toys and supporting events such as the Christmas Wrapping

BACCES donation of tickets for the Christmas pantomime "Snow White and Seven Dwarfs"

Dennyside Bowling Club with their fundraising bowls day

Click production of the Full Monty at The Compass Theatre

St Margarets Church Council

Trinity Toddler group in Northwood

Serco

Hardeep Samra and his fun run in aid of HACS

The Singh family

Julia Beckford from Beauty by Julia salon

And last but not least... donations from members, support from Friends of HACS at our quiz nights, race nights and shopping trips and all those people who will be volunteering at our Christmas Wrapping!



SEMINARS AND WORKSHOPS

Autistic Spectrum Awareness 1-day Workshop

When: 14th December 2010.

Where: London SW10

This workshop is an in depth, interactive and intensive event that provides an overview of Autistic Spectrum Disorder. Those attending will gain an understanding and insight into the world of individuals living with an Autistic Spectrum Disorder. It will help to provide the necessary tools and strategies in a person centred way, with which to move forward.

To book your place or for more information, please email sarah@oncoursetrainingteam.co.uk or call on 01452 507164

Asperger Relationships

When: Saturday, 22nd January 2011, 12:15pm for 1pm – 5pm

Where: Autism Oxford, The Theatre, Headington School, Headington Road, Oxford OX3 7TD

A fascinating afternoon of exploration into couple & family relationships with people on the autistic spectrum, including another of our invaluable question & answer sessions. Speakers include Sarah Hendrickx, Ben Delo and his wife Megan Beynon, Simon and Sarah Brodie

Professionals £30 plus vat; People with ASC/Family members £20 plus vat (book before Christmas to beat the January VAT rise).

Full details and to book online www.autismoxford.org.uk/bookingpage.htm

PDA Conference

When: 26 January 2011

Where: NAS, Kensington Conference and events Centre, London

Pathological Demand Avoidance Syndrome (PDA) is increasingly recognised as part of the autism spectrum. It is a lifelong disability that affects boys and girls equally. Information on PDA is extremely limited and there are very few forums for learning about the disorder. This conference is an extremely rare opportunity to hear from experts in the field and will provide professionals and parents with a clearer understanding of the diagnostic criteria and essential strategies for education, behaviour management and communication.

Full details <http://www.autism.org.uk/conferences/pda2011>

To book email conference@nas.org.uk or tel no 0115 911 3367

RESEARCH STUDIES

University of Southampton, School of Psychology

Invitation to take part in the 'Family Well-Being and Parent-Child Relationships' study

If you are a parent whose child has been diagnosed with an Autistic Spectrum Condition and is aged between 2-10 years old, we would like to invite you to take part in a study. Taking part would involve three, 30 min phone calls at times that suit you. During this time I will ask you a series of questions about your family's well-being and your attitudes to parenting, and give you the opportunity to talk freely about your child. If you would like to find out more please call me (Jemma) on 07730402161, or send me an email at jm7g08@soton.ac.uk. As a small token of thanks for your participation, we will automatically register you for a £50 prize draw

Jemma Murray

(Educational Psychologist in Doctoral training at Southampton University)

Tel:07730402161

Email:jm7g08@soton.ac.uk

University of Liverpool

How do adolescents with an autism spectrum disorder feel about growing up with a sibling who doesn't have autism?

The overall aim of this research is to improve our understanding of sibling relationships between adolescents with an ASD and their brothers or sisters who are typically developing, and the factors that influence sibling relationships.

We should like to hear from you if you are a main carer (not necessarily a blood relative) of an adolescent with ASD who is aged between 12 and 17 years, with a brother or sister aged between 5 and 17 years. Families who wish to take part in the research will be sent a brief questionnaire pack for the primary caregiver to fill in. In addition, Michael will telephone them to talk to the adolescent with ASD for between five to ten minutes about his/her relationship with his/her brother or sister.

Michael Petalas

Trainee Clinical Psychologist

University of Liverpool

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FREE SOCIAL SCRIPTS CD

What are Social Scripts? Social Scripts are based on Social Stories™, developed by Carol Gray. They provide a format in which to teach people with an ASD about social expectations

How can they help? In the context of the home, Social Scripts can help children and young people to manage more successfully the difficulties they experience in social situations. They can also help prepare for a new experience of a change in routine.

The CD Resource. This resource has been compiled by the Northamptonshire Children and Young People's Service Autism Spectrum Team alongside Autism Concern and F.A.C.T. It is meant to help answer the question "where do I start?" and give practical tips on writing a social story.

To obtain this CD complete the online form from <http://www.autismconcern.net/>

WELCOME TO OUR WORLD...LIVING WITH AUTISM

The Makaton Charity (www.makaton.org) has been working with the Victoria & Albert (V&A) Museum of Childhood who have created a display called 'Welcome to Our World... Living with Autism'. This thought-provoking new display explores life through the eyes of children with autism and is now open at the V&A Museum of Childhood through until 19th March 2011.

NEW LIBRARY BOOKS

Learning About Friendship by K I Al-Ghani

Stories to support Social skills training in children with Asperger Syndrome and High Functioning Autism

A selection of ten fully illustrated social stories to support specific situations eg learning to share, playground games, obsessions, personal hygiene, personal space, taking turns, friendships. Each situation is in the format of a short story. Aimed at age 4 to 8 years

OPTIONS GROUP

ASC information bulletin from the Options Group. This is a regular newsletter bulletin with strategies from the Options Group – subscribe via their website

<http://www.optionsgroup.co.uk/asd-request-newsletter.html?phpMyAdmin=3e5c4c0cb365t5a9790d0r71c6>

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IDEAS FOR CHILDREN

DanceBase opening in Watford

ActOne currently are planning to open a [DanceBase](#) project in Watford from January 2011. We would love to hear from anyone that may be interested in attending.

[DanceBase](#) is a weekly dance theatre session for children and young people with and without disabilities, aged 5 to 25 years. DanceBase has a unique atmosphere where difference and individuality are celebrated. Participants do not need to have had any previous dance experience to take part, just lots of enthusiasm!

If you would like to hear more or sign up for DanceBase Watford please contact ActOne as follows:-

Email at info@artsbase.org.uk

Tel: 01707 338373.

Weblink http://www.artsbase.org.uk/news_article.php?id=42

Disability Multi Sport

A fun multi sports club for young people with special needs. Sports include trampolining, football, basketball, kurling and boccia.

Please bring a parent or carer with you. Siblings are welcome

Queensmead Sports Centre
Victoria Road
South Ruislip HA4 0JE

For further details on the club please contact Yolanda Edwards on 01895 277372 or by email yedwards@hillington.gov.uk.

Every Saturday 12.00-1.30pm

Ages 8-19 years

Cost £2 per session

Other sporting activities see <http://young.hillingdon.gov.uk/index.jsp?articleid=20193>

MORE SPORTING ACTIVITIES IN HILLINGDON

Rob Burton Soccer Club for special needs children

Tel: 07974 121701

Email: rburton1978@yahoo.co.uk

<http://www.disabilityfootball.com/>

London Borough of Hillingdon

Explore the Young Hillingdon website for activities for young people

<http://young.hillingdon.gov.uk/>

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CINEMA

Autism Friendly Screenings
Empire Cinema-Crest Road, High Wycombe, HP11 1UA
Sunday December 12th 4pm

Harry Potter and the Deathly Hallows part 1

House lights will be on until immediately before the film starts, lower volume and no adverts/trailers will be shown. As these are proving to be very popular events we would advise to prebook if you can. This can be done online at http://www.empirecinemas.co.uk/index.php?tbx_site_id=2

For more info on the cinema visit www.empirecinemas.co.uk

Cinema Exhibitors Association card

(carer goes free)

Tel: 0845 123 1292

www.ceacard.co.uk

RESOURCES

HAND News

News and information for parents/carers of children and young people with additional needs. You can view the newsletter online at:

<http://handnews.hertsc.gov.uk>

where you can also register to receive regular updates from the HAND News eNewsletter

Netbuddy

You'll find over 800 practical tips and ideas here from parents, carers, teachers, therapists and people with everyday experience of learning disability. Share handy hints and tips (some of the Christmas tips in the newsletter were from this site).

See link <http://www.netbuddy.org.uk/>

AUKIDS

Positive Parenting Magazine aimed at parents and carers of children under 10 years with an autistic spectrum condition.

See link <http://aukids.co.uk/>

RECREATION UPDATE

AFTER SCHOOL CLUB

After-school club for children/young people aged 11 – 24 years. This will run every Wednesday from 4pm to 6.30pm.

The last session dates for 2010 are :

Wednesday 8th December
Wednesday 15th December

The session dates for 2011 are:

Wednesday 12th January
Wednesday 19th January
Wednesday 26th January
Wednesday 2nd February
Wednesday 9th February
Wednesday 16th February
Wednesday 2nd March
Wednesday 9th March
Wednesday 16th March
Wednesday 23rd March
Wednesday 30th March
Wednesday 6th April

The after-school club is 50p per session. The venue is in Harlington Young People's Centre (just next door to our HACS Resource Centre) and HACS will have sole use of the centre during this time.

Activities include arts and crafts, sports, cooking, and full use of the centre including dance studio, I.T. suite, music studio and decks, sports gym, table tennis and pool, PS3 and Wii.

MOVIE NIGHT

Movie Night is now a regular slot every other Thursday at 6pm. Pick up time will vary depending on the film length but will always be between 8pm and 9pm. This service is for H.A.C.S. Members (**siblings are welcome**) and there is a nominal fee charged of 50p. The last movie night of the term will be:

Thursday 9th December – Buggy Malone

As always, pizza and popcorn will be served. If your child/young person would like to attend any of the above movie nights, please contact Stephanie@hacs.org.uk

RECREATION UPDATE

HACS SATURDAY CLUB

HACS Saturday club will run every 2nd and 4th Saturday of the month. This club is for children with A.S.D. aged 3 – 10 years. The cost per session is £15

Last session of 2010 is:-

Saturday 18th December

The session dates for 2011 are :-

Saturday 15th January

Saturday 29th January

Saturday 12th February

Saturday 19th February

Saturday 5th March

Saturday 12th March

Saturday 26th March

Saturday 9th April

TOYS FOR CHRISTMAS

There are a number of useful websites that supply fun toys for children with special needs

Sense toys see www.sensetoys.com

Sensory Toy Warehouse see <http://www.noveltywarehouse.co.uk/>

Puppets by Post see <http://www.puppetsbypost.com/>

Special Needs Toys see <http://www.specialneedstoys.com/uk/>

SEN LEGAL "WORKING TOGETHER - WORKING OVER"

This workshop looked at statementing, School Action, School Action Plus, tribunals, parent's rights and local authorities. A CD of the workshop presentation is available for purchase at a cost of £5 and will be posted out when payment is received.

YOUNG ADULTS

RE-LAUNCH OF UV, THE INCLUSIVE CLUB NIGHT

ActOne are re-launching UV, the inclusive club night for young people aged 13 + this December! They are also planning a second event in March 2011.

UV is the first Club Night of its kind. It's a party for young people aged 13 to 19 (up to 25 years for young people with a learning difficulty), held in a safe accessible nightclub with a friendly and accepting atmosphere where young people with and without disabilities can meet and socialise. These nightclubs are inclusive and drug, alcohol and parent free!

When: Sunday 19th December, 8 – 11pm
Where: The Attic, University of Hertfordshire Campus, College Lane, Hatfield, Herts, AL10 9AB
Details: telephone 01707 338373 or email 01707 338373

FRIDAY FOOTBALL CLUB

The Friday Football Club are looking for young adults (19-25) with HFA or Aspergers syndrome, a love for football and a willingness to learn. The aims are: working towards a F.A. coaching badge, improving confidence, building a strong and organised team, learning coaching skills and having fun. For further details. 07580 441 877

Location: High Barnet
When : Fridays 10 to 3

NAS - Join us to make sure the Autism Act lives up to its promise!

The Autism Act became law in 2009; an amazing achievement for us and our campaigners. This was the first ever law passed for a specific disability, and a landmark step towards getting people with autism and their families the support they need. We are now at a crucial stage of realising the Act and need you to campaign with us once again.

The Government must now publish statutory guidance to tell local authorities what services and support they should be providing. The draft guidance that was put out to consultation earlier this year did not go far enough to help achieve this aim and meet the expectations of the Act. Time is running out to amend the draft and make sure that the guidance that has to be published by the end of this year is as robust as possible. See following link for further details

<http://e-activist.com/ea-campaign/clientcampaign.do?ea.client.id=10&ea.campaign.id=8338>

MONEY MANAGEMENT

MANAGING MONEY

The National Autistic Society has teamed up with the Consumer Financial Education Body (CFEB) as part of the national strategy for financial capability to support people with autism in managing their personal finances.

Managing Money provides a new online resource, developed in consultation with people with autism, which gives impartial information, guidance, interactive quizzes and video content to help people develop their knowledge and confidence in managing money and financial decision-making. It can be used at home or in educational settings.

A **free** printed workbook called *Managing Money: a guide for people on the autism spectrum* is also available. It can be ordered or downloaded from www.autism.org.uk/products/free-resources/fsa-managing-money.aspx.

You can visit the *Managing Money* website at www.managingmoney.org.uk

See Martin Lewis Money Saving Expert for information on grants for low income families. Link is below

<http://www.moneysavingexpert.com/family/grants-low-income>

FUNDS AND GRANTS

TURN2US

A charitable service which helps people access the money available to them – through welfare benefits, grants and other help.

Free, accessible website has been designed to help you find appropriate sources of financial support, quickly and easily, based on your particular needs and circumstances.

Turn2us is part of Elizabeth Finn Care.

See <http://www.turn2us.org.uk/>

FAMILY FUND

Helping families across the UK

The Family Fund helps families with severely disabled or seriously ill children and young people aged 17 and under to have choices and the opportunity to enjoy ordinary life.

We give grants for things that make life easier and more enjoyable for the disabled child, young person and their family, such as washing machines, driving lessons, computers and holidays.

See <http://www.familyfund.org.uk/>

CHRISTMAS WRAPPING

CHRISTMAS WRAP APPEAL

Dear Members

We have a fantastic opportunity to fund raise for HACS. The Chimes and Mall Pavillions are allowing us to offer a Christmas present wrapping service for shoppers. Barclays PLC have generously offered to match £ for £ on all income raised from this event. However, we need help from members - We are only asking for an hour or two of your time on the following dates

13TH DECEMBER	CHIMES 9.30AM TO 7PM
14TH DECEMBER	STAINES 10AM TO 5PM
16TH DECEMBER	MALL PAVILIONS 9.30AM TO 6PM
24TH DECEMBER	MALL PAVILIONS 9AM TO 6PM

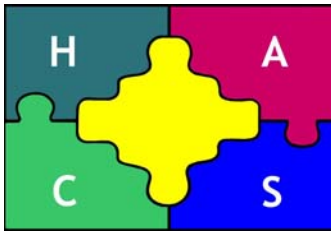
If you are able to help please contact Maggi on maggi@hacs.org.uk or 0208 606 6780

Please bear in mind that if we have support from members (only an hour or two of your time) then we can continue to offer HACS services to parents/carers and their children. We would really like to be able to offer our young people some exciting Christmas events this year.



RAFFLE TICKETS

HACS Christmas raffle tickets have been sent to all members. Please support HACS by buying tickets and/or selling to friends and family. More tickets are available from HACS. The draw will take place at the HACS Resource Centre on Wednesday 22nd December 2010 so please return tickets to us by Monday 20th December. **Thank you for your support!**



Hillingdon Autistic Care and Support

Dudley Place
Off Pinkwell Lane
Hayes
Middx UB3 1PB

Phone: 0208 606 6780
Fax: 0208 606 6781
E-mail: louise@hacs.org.uk
www.hacs.org.uk

HACS

Supporting those affected by autism

CHRISTMAS MONTHLY SUPPORT MEETING

8TH DECEMBER 10.30—11.30 AM

Please join us for mince pies and hot mulled apple juice
Sorry no crèche available but children allowed but must be supervised by parents/carers



We're on the web!
www.hacs.org.uk
Remember to regularly check the HACS website for events, bookings and important updates.

ADVANCE NOTICE

2ND APRIL 2011 WORLD AUTISM AWARENESS DAY

HACS CONFERENCE WITH DR WENDY LAWSON
"The Passionate Mind: How Individuals with Autism Learn"

When 2nd April 2011 9.30 am to 3.55pm

Where: Harlington Community School, Pinkwell Lane,
Hayes UB3 1PB (free public car park)

Cost £40 parents/carers
£65 professionals (block booking discount available)
Refreshments and lunch included

HACS AGM 15th September 2010
special guest Mayor of Hillingdon, Cllr David Yarrow



The HACS AGM was a great success. As one of the Mayor of Hillingdon's charities of the year, we were proud to welcome Cllr David Yarrow as a guest speaker. During his speech, the Mayor expressed his admiration of the work achieved by HACS and the professionalism of all those involved in the charity. The Mayor also spoke of how well the new HACS premises and facilities meets the needs of all its members.