



HACS NEWSLETTER

Special points of interest:

- Toilet training
- Activities for children
- Information for adults on the spectrum
- Dates for HACS events
- Carers Week and HACS Carers Day
- Volunteers needed for Autoshow

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WELCOME TO THE HACS NEWSLETTER

Dear HACS members

Welcome to the latest HACS newsletter and apologies that this Spring newsletter has become an early Summer one. To date, 2011 has been a very busy year for HACS and so far we have held a workshop on Practical Tips in the Home and School and, on World Autism Awareness Day, organised a very successful conference with world renown speaker Dr Wendy Lawson. We are planning to arrange more workshops and seminars later this year

Listening to feedback from members, HACS have introduced more support for those in the North of the borough by arranging a monthly support meeting at St Lawrence's Church, Eastcote (these will take place in Coteford Children's Centre from June) and an After School Club on Tuesdays at the new South Ruislip Young People's Centre.

Fundraising events continue to take place and we have another quiz night arranged for June 10th at the Battle of Britain Club. Regular present wrapping takes place throughout the year and we would like to thank our few volunteers who help (please! When an appeal goes out we really need more volunteers). HACS have a stand at the Autoshow on 17th July and we need volunteers (just an hour or two of your time) to hand out literature. By volunteering you will gain free entry to the show and, if it can be arranged, entry for your family (up to 4 people)

Carers week is from 13th June and we would love to see you at our stand on Tuesday 14th June at The Mall Pavillions. Furthermore, HACS have organised a Carers Day on Wednesday 15th June from 11.30 am to 2.30 pm for parents/carers—please join us for a barbeque, refreshments and fun activities (see newsletter for full details)

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

THANK YOU....

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

- ☺ HACS are the 2011 charity for Hillingdon Golf Club
- ☺ Donation from new Tesco store in Yiewsley
- ☺ Donation from Wilkinson's re-launched store in Hayes
- ☺ Serco
- ☺ Barclays PLC for their continued support of HACS through matched funding, fundraising and supporting many of our events. Next quiz night is on 10th June from 7.30 pm
- ☺ The Chase Street Party, Eastcote for their donation
- ☺ Harlington Community High School for providing the venue for our conference on World Autism Awareness Day
- ☺ Coteford Children's Centre for providing a venue for our new monthly support meeting
- ☺ London Borough of Hillingdon, South Ruislip Young People's Centre and Harlington Young People's Centre for providing venues for our After School Clubs

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 for the Autoshow on 17th July 2011!

Did you know that, after £ for £, HACS received over £1700 for the Christmas Wrapping events! So your help is really appreciated



HACS

Dates For Your Diary

25th May 10am to 12 noon	HACS monthly support meeting at St Lawrence Church, Eastcote*
8th June 10am to 12 noon	HACS monthly support meeting at Dudley Place, Off Pinkwell Lane, Hayes Speaker: Linda Southwood, Advisory Teacher for Autism on "Transition from primary to secondary school"
8th June 8 to 9.30pm	HACS monthly support meeting at Dudley Place, Off Pinkwell Lane, Hayes Subject: The Green Paper
10th June from 7.30pm	HACS Quiz Night at Battle of Britain Club
12th June 9.30am to 4pm	HOAC Watersports Day
13th June to 19th June	Carers Week
14th June	Carers Fair at The Mall Pavillions, Uxbridge
15th June 11.30am to 2.30pm	HACS Carers day at Dudley Place, Off Pinkwell Lane, Hayes
18th June 10 am to 2 pm	Workshop on "Autism & What Works" with Pam Sickelmore of Autism Training and Support at Dudley Place, Off Pinkwell Lane, Hayes
29th June 10am to 12 noon	HACS monthly support meeting at Coteford Children's Centre, Fore St, Eastcote
13th July times TBC	HACS AGM at Dudley Place, Off Pinkwell Lane, Hayes
17th July	Autoshow - volunteers needed!
25th to 28th July	HACS Summer Playscheme
Term Time Only :-	
Tuesdays (weekly)	South Ruislip Young People's Centre
Wednesdays (weekly)	Harlington Young People's Centre
Saturdays (selected)	Saturday Club
	see website www.hacs.org.uk for dates
Thursdays (selected)	Movie Night

Full list of events and details on our website www.hacs.org.uk

*PLEASE NOTE A CHANGE OF VENUE FOR HACS MONTHLY SUPPORT MEETING ON 25TH MAY—PREVIOUSLY ADVERTISED AS BEING AT COTEFORD CHILDREN'S CENTRE—THIS IS NOW AT ST LAWRENCE CHURCH. FUTURE MEETINGS SHOULD TAKE PLACE AT THE NEW COTEFORD CHILDREN'S CENTRE

HACS

Dates For Your Diary

CARERS DAY AT HACS

15TH JUNE 2011

11.30 AM TO 2.30 P.M.

HACS would like to offer its members, who are caring for a person on the autism spectrum, a respite day full of fun, laughter and a chance to take a break.

Please join us for a barbeque and non alcoholic cocktails. Fun activities will include a free raffle and tombola, prize bingo, silly games and, if the mood takes you, boogie on down on our state of the art dance mats.

Alternatively, Just come along, have a chat and take a break.

Admission is free and everyone will receive a goodie bag to take away!

Free crèche (limited places, pre-booking necessary)

RSVP by 8th June

If you would like to attend please contact Louise Underwood on 0208 606 6780 or email louise@hacs.org.uk. There are limited crèche places, pre-booking is necessary. Please provide packed lunch for your child.

Your place must be reserved by 8th June at the latest for catering purposes. Please state if vegetarian or any other dietary requirements.



Carers Week 13th to 19th June 2011

SEMINARS AND WORKSHOPS

Autism Oxford — Asperger Employment

When: Saturday, 11th June 2011, 10:30 for 11:00am – 4:45pm

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

Speakers: Sarah Hendrickx, Paul Isaacs, David Green.

The costs in personal terms to individuals and their families, and to the National purse are enormous. Yet many people on the autism spectrum are very capable, well-qualified, loyal, reliable - and want to work!

Professionals £50 plus vat; People with ASC/Family members £40 plus vat
Price includes refreshments and a buffet lunch

David Moat, Consultant Autism Services — workshops

When: Tuesday 14th June: Therapeutic Approaches for Autism
Spectrum Conditions

When: Tuesday 12th July: Sex and the Autism Spectrum

Where: Cambridge

Courses cost £95 per delegate, and are held in Cambridge

David Moat, Integrative Psychotherapist, Consultant for Autistic Spectrum
Conditions

Tel: 07734 420 997 Fax: 0870 836 2218

www.asdtherapy.co.uk www.autismtrainingcourses.com

**STOP PRESS....THE AUTISM SHOW
24TH TO 25TH JUNE 2011
ExCel, London**

Full details <http://www.autismshow.co.uk/>

SEMINARS AND WORKSHOPS

Pathological Demand Avoidance (PDA)

PDA is increasingly recognised as part of the autism spectrum. The central difficulty for people with PDA is their avoidance of the everyday demands made by other people, due to their high anxiety levels when they feel that they are not in control. Hence the name of the syndrome: pathological demand avoidance.

The NAS ran a very successful PDA conference on 26 January 2011, bringing together experts, practitioners, educationalists and parents and it was attended by a member of HACS who gave us the following report:-

Phil Christie, Director of Sutherland House Children's Services discussed reasons why a specific diagnosis is useful and that the umbrella term 'Autism disorder' did not always give the best understanding of a person's difficulties. He described people with PDA as having some emotional awareness but no emotional understanding. On paper those with PDA did not show as having difficulties in this area, it was only in practice that the problems showed up. He emphasised the ability of mood i.e. the speed with which someone could change from calm to uncontrollable rage as 0-60 but equally quickly back down to 0. Whilst those supporting the PDA person, might still be trying to cope with the recent outburst, the person with PDA can carry on as if nothing has happened. In fact, later in the day we learned that often they can't remember why they had a meltdown, or even what they had done. This is something which rang a bell with me!

Our second speaker was **Dr Margo Duncan**, National Co-ordinator of the PDA Contact Forum, a GP and a Mother of a 12 year old with PDA. Margo gave us a very honest insight into her life and the ups and downs of parenting a child with PDA. She stressed the importance of understanding what drives a person with PDA, so they can be supported by having their anxieties reduced and thereby improving behaviour and creating a calmer atmosphere for everyone. It was clear that families needed support, tailored parenting classes, training for frontline professionals and the recognition of PDA in schools, child development centres and mental health services. She emphasised the particular support needed by siblings of those with PDA. They were often the forgotten sufferers, trying to understand why their sibling was treated differently, coping with the outbursts and difficult behaviours, and dealing with the embarrassment felt when out as a family or around friends. Siblings were often at risk, not only from the jealousy and anger of their sibling with PDA but from their own mental health and self esteem issues. www.pdacontact.org.uk is a forum for professionals and parents to share their views and concerns.

Looking to the future, it was encouraging to hear about new research being carried out at Kings College London. **Prof Francesca Hope** and her PhD student **Liz O'Nions** discussed their research into the similarities and differences between autism and PDA. They were asking questions like 'why do typically developing children usually comply with requests' in an attempt to understand why PDA children find it so difficult to comply. I was horrified to learn that, to date, there is only one peer reviewed paper on PDA and that was written by Prof Elizabeth Newson in 2003. In fact, the term pathological demand avoidance is not even a recognised condition in diagnostic manuals. One aim of their research was to show whether or not PDA was a separate condition. Liz O'Nions asked for volunteers to complete a questionnaire study she was carrying out – anyone with a PDA child aged 6-17 who would like to take part can contact Liz at Elizabeth.o'nions@kcl.ac.uk.

Continued...

SEMINARS AND WORKSHOPS

Continued...

Two presentations were given by those running and teaching at specialist schools. **Ruth Fidler** from Sutherland House School and **Jilly Davis** from Robert Ogden School explained their strategies in teaching PDA students. Ruth explained that teachers working closely with students can assess their mood throughout the day. When the student is coping well they can increase their expectations and encourage progress, when the student's anxiety is high they should reduce demand. She illustrated this with two dials: tolerance and demand, when the tolerance dial is turned up the demand dial can be turned up to match it, however if tolerance reduces, the demand dial needs to be reduced to the same level. She identified key attributes for teachers/TAs: calm, creative, resilience, able to de-personalise the situation, wipe the slate clean. Whilst PDA students needed: calmness, time to process, visual reminders, some control, safe place to escape to.

Jilly set up an inclusive education resource within her school, specifically to support excluded children return to school. She advocates working with a child's interests to facilitate learning eg football can be used in literacy (reading newspapers etc). PDA children often choose specific staff they prefer to work with, this can be used effectively by careful timetabling, to try to match difficult lessons with the 'chosen' TA and less stressful lessons with other staff. Jilly mentioned several case studies where slow progress is made over several years. Starting from getting the child used to being at school, but doing what they want, to attending individually taught lessons, to joining in with classes (but only those subjects they enjoyed). They would start with no demands and only one rule 'no one gets hurt', and gradually move towards learning, as the tolerance allows. Sometimes simply using alternative names for lessons could help where the child associates a name with difficulties. (My daughter hates PE, but ballet is acceptable!).

The psychological viewpoint was addressed by **Dr Jacqueline Morgan** and **Dr Natalie Roberts**. They had set up a working party to produce a document 'Practical guide to supporting children and young people with PDA'. Draft guidelines had been agreed and its use was currently being evaluated in Hampshire and they hoped to disseminate the advice more widely once this process was complete.

At the end of a long, but extremely informative day, we heard from **Dr Jacqui Ashton-Smith** and **Dr Judith Gould** from Helen Allison School. They discussed how women and girls were often misdiagnosed. Historically autism disorders have been linked more heavily with boys than girls. Girls may be more passive and compliant, they often escape into fantasy/fiction, they are better at imitating so can appear to have better sociability. This can lead to their mis or missed diagnosis. They concluded that girls also needed educational interventions to help them overcome social challenges. However, there is a higher expectation in society for girls to have good social skills, empathy and communication - so they have a 'double-whammy' to overcome.

The NAS and NORSACA should be congratulated for organising this incredibly important and informative event.

PARENTS PAGE

SPARKS session at Northwood Young People's Centre Mondays 6 to 8.30 pm

For young people with moderate learning difficulties and disabilities (there are a number of children on the autism spectrum who attend)

Northwood Young people's Centre is a new youth centre which was opened in July 2010. This fantastic venue is the second of three new youth centres being built by Youth & Connexion service for London borough of Hillingdon. The building is equipped with the newest technology including internet café with four apple Macs, 60 inch plasma TV, game stations with Wii, XBOX, PS3,. Throughout the session young people can take advantage of our facilities such as a music and recording studio, dance studio, pool table, tennis table, gym, professional training kitchen.

Each week we offer fun-filled and exciting activities, including sport, arts, crafts, performance and cooking. Our programmes provide opportunities for young people to develop new skills and self-confidence. The centre is a friendly environment to socialise with friends.

Ania Frejlich-Botha, Area Youth Worker, L B Hillingdon
Northwood Young People's Centre, 54 Hallowell Road, Northwood HA6 1DS
tel: 01923 824269 mobile:07957789589

Drama Group — L B Harrow parents/carers

For young people with Asperger Syndrome/high functioning ASD, aged 12-18

Times: Tuesday evenings – 7.00-9.00 p.m.
Venue: St Peter's Church, Colbeck Road, West Harrow, HA1 4BX
Cost: £5.00
Dates: 3rd, 10th, 17th and 31st May
7th, 14th, 21st and 28th June
5th and 12th July

Activities include: drama, creating own snacks, activities, e.g. table tennis, group activities, art/craft, cooking, table top games

Please contact Irene on 07792 320241 /irene@kidscanachieve, to obtain forms if you would like to attend. Please note that this is open to L B Harrow residents only

Integrated Youth Club for young people — L B Harrow parents/carers

L B Harrow have a regular Integrated Youth Club for young people who have a learning disability aged 13 to 19 years. The club is currently held at Wealdstone Youth Centre, 42 High St, Harrow HA3 8AA and is on a Tuesday evening 7 to 9.30pm and Saturday 1 to 3 pm. For full details please contact Ken on 07971 073321

STOP PRESS - Open Day for the Club on Saturday 11th June 2011 1 to 3pm - come and meet everyone and see what is on offer

PARENTS PAGE

Coteford Children's Centre — Siblings Group — Mini Music Group

SIBLINGS GROUP

Thursdays from 3.30 until 5.00 pm

A service especially for the brothers and sisters of children who have a disability. The group will be held in the hall at Coteford Infants School.

The group is aimed at children from the ages of 3 to 7. However if you would like to enquire about this group for children who may be slightly younger or older then please call on the number given below. Grangewood School also have a Siblings group running for older children.

The main aim of the group is to provide enjoyable, fun activities for the children in a relaxed environment, giving them the opportunity to meet other siblings of children with a disability. As they get to know each other and build relationships they may share their own experiences with children who have more of an understanding of their situation.

For more information about this please go to the SIBS website: www.sibs.org.uk

If you would like your child to attend this group please complete the slip below as soon as possible. Alternatively if you would like to find out any further information please contact either Fiona O'Mahoney or Lorraine Dorrington on 01895 671952.

MINI MUSIC

Wednesdays 1.30 to 2.30 pm

Come and join our fun singing and music classes that get children involved in music and aim to encourage them to reach their musical potential. Children will be able to explore musical instruments, action rhymes and movement accompanied by a wide range of music. There are lots of benefits involved in singing and music:

- Encourages their listening skills
- Supports a child's understanding of language and words
- Encourages early literacy skills by encouraging children to listen to rhythm and rhyme
- Helps their social and emotional development by being part of a group and turn taking
- Supports mathematical skills by using counting rhymes and making patterns with music.

The group is aimed at 2 – 4 year olds and is held on a Wednesday. We ask for a £1.00 donation for refreshments and resources.

Harefield Children's Centre for children with additional needs.

There is a new group for the Under 5s in Harefield Children's Centre for children with additional needs. Please contact the centre for more details 01895 671982. Weblink is

<http://hillingdon.schooljotter.com/harefieldinfant/Children%27s+Centre/News>

Cinema Exhibitors Association card

(carer goes free)

Tel: 0845 123 1292

www.ceacard.co.uk

Apply for this card to receive carer goes free when accompanying a person with a disability

PARENTS PAGE

PARENTING COURSES

A very useful parenting website giving information on regular courses and advice
<http://www.tnlc.info/>

Handy tips include:-

- ☺ Be in charge – the parents, not the children decide what values will prevail in the home
- ☺ Descriptive praise – notice and mention good behaviour and improvements
- ☺ United front – if you have a partner, agree and back each other up when deciding strategies for behaviour and when disciplining
- ☺ Establish clear and consistent rules and routine
- ☺ Establish rewards and consequences
- ☺ Take care of yourselves – have a little “me-time”

Bell Farm Christian Centre

Parenting courses run by Bell Farm Christian Centre. Co-ordinate the Pro parenting courses (Triple P). For more information

<http://www.online3.church123.com/bellfarmchristiancentre/proparenting.htm>

REMINDER WATCH

Malem© Vibro Reminder Watch

This digital multi-function vibrating watch provides discreet prompt which can be used as a reminder for the toilet, to eat, take medication or as a memory prompter for activities throughout the day. It has 12 independent specific time silent vibrating alarms. Available in a number of colours.

It can be obtained from Malem Medical on the following website

<http://www.malem.co.uk/multi-function-vibrating-alarm-watch-p-24.html>

RECREATION UPDATE

AFTER SCHOOL CLUB

After-school club for children/young people aged 11 – 24 years.

South Ruislip Young People's Centre — Tuesdays from 4 to 6.30pm
Harlington Young People's Centre — Wednesday from 4 to 6.30pm.

The session dates are term time only and cost is 50p per session. A tuck shop is available selling drinks, crisps and chocolate bars.

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.

Further details contact Stephanie on 0208 606 6780 or email Stephanie@hacs.org.uk

PLAYSCHEME

The Summer Playscheme will be from Monday 25th July to Thursday 28th July and forms will be sent out near half term. It is essential that Playscheme information forms are completed with up to date information on your child (this includes any forthcoming operations or medical interventions).

We would also like to remind that parents/carers that the Playscheme is subsidised by HACS and that the fee paid by members is only a small proportion of the cost per place.

HOAC WATERSPORT DAY

12TH JUNE 9.30 AM TO 4.00 PM

VENUE: HILLINGDON OUTDOOR ACTIVITY CENTRE, DEWS LANE,
HARVIL RD, HAREFIELD UB9 6JN

COST: £10 PER PERSON

FOR YOUNG PEOPLE ON THE AUTISM SPECTRUM AGED 11 TO 24 YEARS

TO BOOK OR FOR FURTHER DETAILS PLEASE CONTACT STEPHANIE ON
0208 606 6780 OR EMAIL stephanie@hacs.org.uk

RECREATION UPDATE

HACS SATURDAY CLUB

HACS Saturday club is held on various Saturdays throughout the school term. This club is for children with A.S.D. aged 3 – 10 years. The cost per session is £15 and it runs from 10 am to 3 pm

The session dates for the Summer term are :-

- ☺ 11th June
- ☺ 2nd July
- ☺ 9th July

If your child is interested in attending please contact Stephanie on 0208 606 6780 or email Stephanie@hacs.org.uk

MOVIE NIGHT

- Venue:** HACS Resource Centre, Dudley Place, Off Pinkwell Lane, Hayes UB3 1PB
- Time:** 6 to 8/9pm
- Cost:** £2.50 per session to include pizza and popcorn snacks

For: children on the autism spectrum and their siblings, age dependent on film showing and the dates for the Summer term are:-

- ☺ Thursday 16TH June – film TBC
- ☺ Thursday 30th June – film TBC
- ☺ Thursday 14th July – film TBC

GIRLS NIGHT

HACS would like to introduce a regular Girl's Night; this would be a pamper session filled with fun girlie activities! This regular event would be open to girls with a diagnosis of autism or Aspergers and also female siblings of a child affected by autism. The age range would be 11 to 24 years.

The sessions will take place at HACS, Dudley Place, Off Pinkwell Lane, Hayes. Activities would include Wii games "Let's Party" and "Let's Dance", sessions on our fantastic new dance mats, jewellery making, crafts and visit by a beauty therapist. We are also open to any ideas you may have.

To ensure that this event will be a success we need information from you; so if you think your child would be interested please let Stephanie know on 0208 606 6780 or email Stephanie@hacs.org.uk

TOILET TRAINING

HACS regularly receive enquiries from parents/carers on toilet training for their child and, with Gina Davies from Attention Autism, we organised a workshop on this subject. As a follow up the information below may be of use:-

HACS have a number of books in the resource library on this subject but a particularly pertinent one is: -

Ready Set Potty! Toilet Training by Brenda Batts

Potty training a child with developmental disorders can be a real challenge, and sometimes the extra difficulties make you feel as though you've tried everything, and failed. In this book, Brenda Batts shows how you can overcome problems, big and small, and provides tried and tested methods that really work, tailored to each individual child. Bursting with ideas on how to see past conventional strategies and adapt toilet training to suit your child, this book outlines methods that have helped even the most despairing of parents and caregivers. This book is a must for anybody looking to toilet train someone with developmental disorders.

Advice can also be obtained via your Health Visitor or GP who can refer you to a local Enuresis Clinic. In addition, there are a number of national organisations who can help.

ERIC (Education and Resources for Improving Childhood Continence) is a national children's health charity dealing with bedwetting, daytime wetting, constipation and soiling and potty training in children and young people. ERIC provides information, support and resources to families and health professionals on bladder and bowel problems. See their website <http://www.ericshop.org.uk/>

ERIC also sell aids such as bed wetting alarms, mattress protectors, reminder watches (vibrates) and resources such as books and reward stickers and charts. The reminder watch is very useful as it can also be used as a medication or memory prompter for other needs

Malem© Vibro Reminder Watch

Digital multi-function watch provides discreet prompt for toileting programmes with 12 independent specific time silent vibrating alarms (can also be used as a Medication vibrating reminder or memory prompter). Available in a number of colours

Mattress protectors are also available and also Brolly Sheets www.brollysheets.co.uk/
Brolly sheet - A discreet, simple solution to a wet bed. Just tuck in on top of fitted sheet, then simply replace when wet. There's no need to completely strip the bed so they save time, washing (and sanity!). No PVC or vinyl, holds up to 2 litres



INFORMATION - ADULTS

Disability Law Service

Employment Law - Drop in service every Monday and Wednesday 2pm to 5pm

Are you a disabled person? Are you having or had a problem at work or with your employer?

Are you on a low income, or do you receive?

- **Income Support**
- **Income-related Employment and Support Allowance**
- **Income-based Jobseeker's Allowance**
- **Pension/Guarantee Credit**

If YES, then you may be eligible for free legal help. Come to our disabled persons' Employment Law drop in and we will assess your financial eligibility to find out if you are entitled to receive free legal advice and representation.

If you're unable to attend our office, please call us on the number below to discuss your eligibility for legal help.

Disability Law Service, 39-45 Cavell Street, London E1 2BP

Tel: 020 7791 9800 Minicom: 020 7791 9801 www.dls.org.uk, advice@dls.org.uk

Full wheelchair access, Accessible toilets

Languages: Urdu and Punjabi

DISABILITY LAW SERVICE

What can you do if you are treated unfairly at work because you have a learning difficulty? Disability Law Service, with support from [APASENTH](#) and [Green Shoes Arts](#) ran a series of workshops about this. For more information contact Nick Clarke, London Development Officer

Disability Law Service

39-45 Cavell Street

London E1 2BP

Tel: 020 7791 9819, Fax: 020 7791 9802

www.dls.org.uk

INFORMATION - ADULTS

MUSIC THERAPY GROUP FOR ADULTS ON THE AUTISM SPECTRUM

Resources for Autism have just started a music therapy group for adults who have both a diagnosis of autism and a history of mental health breakdown. This could include those with addiction issues. This group is more suitable for those who are verbal.

The group is a closed group on a Monday afternoon and is run by two very experienced music therapists with space for a small social group immediately afterwards.

To join please complete the online referral form details below

<http://www.resourcesforautism.org.uk/autism-services/adult-groups/>

Or call Resources for Autism on 020 8458 3259

Resources for Autism are currently developing a number of new social groups for adults with a diagnosis of autism including those who do not use speech.

For information on services by Resources for Autism please call 020 8458 3259

SELF ADVOCACY BOOKLET

The National Autistic Society has just published a self-advocacy booklet for use by adults with an autism spectrum disorder. It was developed by a group of adults on the autism spectrum.

It is available for downloading from www.autism.org.uk/selfadvocacy

ADULT AUTISM DIAGNOSIS BY BRAIN SCAN

KINGS COLLEGE LONDON

Scientists from the Institute of Psychiatry (IoP) at King's College London have developed a pioneering new method of diagnosing autism in adults. For the first time, a quick brain scan that takes just 15 minutes can identify adults with autism with over 90 per cent accuracy. The method could lead to the screening for autism spectrum disorders in children in the future. For more details see link on the Kings College London website

http://www.kcl.ac.uk/news/news_details.php?news_id=1426&year=2010

STOP PRESS... HOLIDAY INFO

See following websites for ideas for the Summer holidays

Calvert Trust

<http://www.calvert-trust.org.uk/>

The Bruce Trust

<http://www.brucetrust.org.uk/>

Scout Holiday Homes Trust

<http://scouts.org.uk/supportresources/177/lastminute-holiday-deals?moduleID=4>

The Thomas Centre

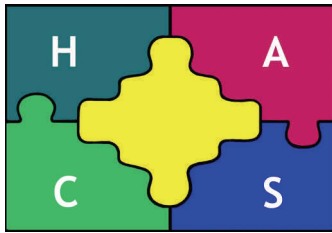
<http://www.thethomascentre.co.uk/>

Cerebra

http://www.cerebra.org.uk/parent_support/holiday_home/holiday_home

Orchyd

<http://www.orchyd.org.uk/>



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

CARERS DAY AT HACS
WEDNESDAY 15TH JUNE 2011
11.30 AM TO 2.30 PM

Join us for a barbeque, refreshments and fun activities.

FREE Admission
FREE goodie bag to take away
FREE raffle and tombola
FREE crèche

Booking essential for event and crèche

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

STOP PRESS!!!
WORKSHOP "AUTISM & WHAT WORKS"
18TH JUNE 2011
10 am to 2 pm
Cost £20

PAM SICKELMORE OF AUTISM TRAINING AND SUPPORT (A TRUSTEE OF HACS) WILL BE PRESENTING A SEMINAR ON 18TH JUNE ON AUTISM TO GIVE PARENTS AND CARERS A GREATER UNDERSTANDING OF THE AUTISM SPECTRUM.

To book a place please contact Louise Underwood on 0208 606 6780 or email louise@hacs.org.uk
Venue: Dudley Place, Off Pinkwell Lane, Hayes UB3 1PB
Refreshments provided —bring own packed lunch

MONTHLY SUPPORT MEETINGS MAY to JUNE 2011

- | | |
|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 25th May 10 am to 12 noon | Venue: St Lawrence Church, Eastcote
Informal meeting |
| 8th June 10 am to 12 noon | Venue: Dudley Place, Off Pinkwell Lane, Hayes UB3 1PB
Speaker: Linda Southwood, Advisory teacher for Autism on "Transition from Primary to Secondary School" |
| 8th June 8 to 9.30 pm | Venue: Dudley Place, Off Pinkwell Lane, Hayes UB3 1PB
Discussion of the relevance of the Green Paper |
| 29th June 10 am to 12 noon | Venue: Coteford Children's Centre, Fore St, Eastcote HA5 2HX
Informal meeting |