

Link~Up

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Read your
Linkup?
Why not
pass onto
your GP
Surgery/
School or
Library
when
finished?

Next committee meeting
3rd March at 7.15 Salvation Army, South Wigston
All welcome

LAS Website at www.leicestershireautisticsociety.org.uk

Email: leicestershireautisticsociety@gmail.com

Note new website and email address!

The Leicestershire Autistic Society run by volunteers for you. Please note as we are volunteers. We will respond as quickly as we can but we also have our own families and ASD members so a fast response is not always possible. **WE WILL DO OUR BEST!**

CHAIRS REPORT-JANUARY 2020

Welcome to another decade! I hope you had a good Christmas. The lead up to the Christmas holidays can be a jolly but stressful time of the year. So now that the holidays are over, I personally am glad that we can get back to regular routines which are so vital to so many of our loved ones with autism.

I recently noticed in magazines and newspaper articles that a theme or "resolution" for 2020 was "Be Kind to one another". I suppose that this is because of the chaos in this world and in this country. At first I thought how sad it is that people need to be reminded to be kind to one another. On the other hand it made me feel quite grateful to those who set up this Charity so many years ago. These were parents and carers who, whilst searching for information and support to help them care for their own loved ones with autism, decided to form an organisation that would "unite & pass it on" to others like them. It also made me feel proud and grateful to all you volunteers, friends, family and members today, who give of your time and efforts to continue running this Charity. Over 15 years ago, when my daughter Angela was diagnosed at age 3 ½ years, I found the Jigsaw LAS subgroup, and an independent group in Leicester City called "Reality". The kindness and support I received from the members of both groups is the reason that today I give my time and efforts to this Charity's' mission of helping others. I truly hope that we can continue this Ethos and that people who access our services can experience the same kindnesses as I did those years ago.

So, as this year begins, we will continue to focus on that mission, and we hope to add more information, support, and learning opportunities to families of all ages. Whether it's with our groups, activities, training, Helpline, Linkup newsletter or even signposting to other groups and organisations.

I also need to clarify the area we serve, as there seems to be some misunderstanding by folks in parts of this County. To clarify, as our name states, the **LEICESTERSHIRE AUTISTIC SOCIETY** volunteers serve the entire County, including Leicester City and Rutland. We do not discriminate based on the location where one lives. Our goal is to work in partnership with other organisations and groups everywhere to provide the best support to you families. Jigsaw is a subgroup of the LAS, as is the Charnwood Autism Support group, and most recently formed the Melton Mowbray Spectrum Support Group. (Info in this issue). We work in partnership with so many other organisations, charities and community groups with the sole purpose of helping families.

As a not-for-profit Charity, we ask that you help us by being a Member at a cost of only £5 per year. Everything we offer is run solely on donations and outside funding. Donations were received in the last 3 months as funding or tombola prizes for activities. Many thanks go to ASDA Fosse Park, Boots Wigston, Blaby District Council, Leicestershire County Council, and parent carer Charlie Littleton, who for the 2nd year organised a Christmas Autism Awareness Ball to benefit Jigsaw and the Market Harborough Support Group called Spectrum.

In March, Leicestershire's Autism provisions, resource centres, Learning & Support Team and the NAS are holding a Conference at the Leicester Racecourse. The theme is around Inclusion of Young People with Autism in Mainstream Schools. It is open to professionals, parents and carers, but advanced booking and a discounted (non-refundable) fee of £20 for parents carers and £60 for professionals must be made via Eventbrite and the Autism Support Team. **(See flyer in this issue).**

Planning is also underway for **April Autism Awareness Day and Month**. Please contact us asap if you have any ideas for activities to promote Autism awareness in your schools, groups, communities, churches, etc. We will try and help you, and provide you leaflets, etc. We continually need help with LAS leaflet distribution around City & County and Rutland surgeries, libraries and hospital clinics.

Many thanks to all who are already volunteering with us. Please contact us if you can help in this or any other way. The next Committee Meeting is **Tuesday 3rd March, 7.15pm at Salvation Army, Ladysmith Road, South Wigston LE18 4UZ.** **You are all welcome.**

I look forward to seeing you at some of our meetings, activities, training, groups or events. Any queries or concerns, please don't hesitate to contact us...And please remember to be kind and pass it on...

Jenny Cornwell 07775 777524

leicestershireautisticsociety@gmail.co.uk

NEW !!

LAS ONLINE DONATION SITE = GOLDEN GIVING

As from end of June 2019, the MyDonate company site has closed its business. We now use a new fee free site called GOLDEN GIVING.

Please use this new site (and pass the word on) for any people, groups, businesses or organisations who wish to donate online to the LAS.

The details are:

<https://www.goldengiving.com/wall/leicestershire-autistic-society>.



FUNDRAISING NEWS & THANK YOUS

Many thanks to ASDA Fosse Park for their donation of £250 for the Jigsaw Group's Christmas Party. Another £500 was donated by ASDA Community Choices towards the Jigsaw Youth club activities.

Huge thanks to parent Paula Aldred for submitting a bid application to Blaby District Council Community awards. The Lego Club was awarded £500 by the Blaby Council.

Big thanks to parent Charlee Littleton for her donation of £425 to JIGSAW from the fundraising Christmas Autism Awareness Ball at the Retro Club in Wigston on 22nd December. It was a fun event, and congrats on a well organised event.

Also thanks for the donations for the Jigsaw Christmas Party Tombola and to Di Madelin for collecting the donations:

Sainsbury's – Wigston

Costa – Wigston

Costa – Oadby

Boots – Wigston

Boots – Oadby

ASDA - Oadby

Sainsburys - Wigston

Mr Bean Bags Café – Wigston

Every Occasion – Wigston

Domino's Pizza – Wigston

The Café – Oadby

Retro Computer Museum –

Leicester

Farm Foods - Head Office



Thank you all and Keep up the good work!

WE NEED EVERYONE'S HELP TO KEEP THE DONATIONS COMING IN, so that we can continue to provide Leaflets, the Helpline, this Newsletter, Training, Activities and all the volunteer help that goes on behind the scenes to keep this Charity running for YOU AND YOUR FAMILIES! Every bit helps.....

AUTISM AWARENESS MONTH 2020

WORLD AUTISM AWARENESS DAY IS THURSDAY 2ND APRIL 2020

We are currently working with other organisations and businesses across Leicestershire to pull together a range of events and activities to help raise Autism Awareness in April. We are encouraging all our local schools to help raise awareness by planning their lessons to help children and parents understand more about autism during **Schools**

Awareness Week from Monday 30th March to Sunday 5th April
(packets available on the NAS website-www.autism.org.uk)

So get talking with your young person's teacher, personal assistant, tutor to help spread the word.

If anyone is interested in running a stall, volunteering or helping raise funds then please contact us at the email below. (More info to follow on the LAS FaceBook page).

Most importantly, If you know of any organisations who run Autism-friendly sessions, please get in touch so we can encourage them to run more sessions during the month of April and the Easter break to help promote Autism awareness. If you would like to help take part in our monthly campaign to help raise awareness contact us by email:

leicestershireautisticsociety@gmail.com

or ring the Helpline 0116 291 6958

Sad News to pass on

Sadly, Brian Callaghan, the Treasurer of the Jigsaw Support Group, passed away on the 29th January 2020. Brian was Jigsaw's Treasurer for over 10 years having a autistic grandson and coming to our rescue when we needed him..

He will be sadly missed by all his family and our committee family.

AUTISM INFO & HELP BOOK DONATIONS NEEDED!!

Kibworth library's collection needs Autism related books. If you or anyone you know has Autism books that you no longer need, please contact us to arrange collection, or please drop off at the library. Please contact our Helpline, email us, or just bring your books to the Kibworth Library.

Many thanks!

**Wednesday 25th March 2020, 9am – 4pm
(Lunch & Refreshments Included)**

Leicester Racecourse (Nelson Suite- also known as The Grandstand),
The Racecourse, Oadby, LEICESTER LE2 4AL

**Offering Parents/Carers & Professionals Practical Ideas
On How To Improve Outcomes For Children**

**A combination of first-hand accounts & ideas from the NAS, Leices-
tershire's ASD Provision's & Resource Bases + Autism Outreach +
an exhibition hall (shops, information stands, networking, etc.)**

Bookings via: [www.eventbrite.co.uk/e/practices-for-inclusion-of-children
-with-autism-within-mainstream-schools-tickets-89596372161](http://www.eventbrite.co.uk/e/practices-for-inclusion-of-children-with-autism-within-mainstream-schools-tickets-89596372161)

08.15 - 08.45	REGISTRATION (tea/coffee)
08.45 - 09.00	INTRODUCTION – Kevin Baskerville + Paula Sumner AD
09.00 - 11.00	KEYNOTE ADDRESSES John Simpson + Imogen Dilks + Andrew Cutting (NAS) :
11.20 - 12.10	BREAK OUT SESSION 1 – OPTION A or B
12.15 - 13.05	BREAK OUT SESSION 2 – OPTION C or D
13.05 - 14.00	LUNCH (Networking, Displays, Shops)
14.00 - 14.50	BREAK OUT SESSION 3 – OPTION E or F
14.55 - 15.45	BREAK OUT SESSION 4 – OPTION G or H
15.50 - 16.00	WRAP UP / CLOSURE Kevin Baskerville (AOT Team Manager)

There will be a variety of market/information stalls too – including Books/
Sensory Toys

Personal Accounts

**Describing how Schools Can Improve Inclusion of C&YP with An
Autism Spectrum**

**John Simpson (Adult with autism) & Imogen (14 yrs. old with au-
tism)**

**Andrew Cutting (Specialist Exclusions & Alternative Provision Ad-
vice Coordinator, NAS)**

Avoiding school exclusion - overcoming barriers to inclusion for pupils on the autism spectrum - The talk will include information and resources on:

- Why autistic pupils are more likely to be excluded from school than pupils without special educational needs (SEN)
 - How schools can avoid disability discrimination
- Steps to overcome barriers to inclusion and avoid exclusion, including effective partnership working with parents/carers

BREAK OUT SESSIONS

Please select one from choice A or B, C or D, E or F, G or H (see below). Please take a note for yourself of your selected workshops.

Session A: SPELL framework & impact on pupils – MAP (Maplewell school Autism Provision)

Cast a SPELL - SPELL is The National Autistic Society's framework for understanding and responding to the needs of young people on the autism spectrum. It focuses on five principles that have been identified as vital elements of best practice in autism and emphasises ways to change the environment and our approaches to meet the specific needs of each young person.

OR

Session B: Maintaining relationship – Footsteps (All Saints Primary School, Wigston Autism Provision)

Working Alongside Parents - The presentation will highlight the importance of working alongside parents to ensure the social, emotional and educational progress of all children is a collaborative approach. Through engaging therapists, support staff and counsellors in discussing their children to create a workable picture of the whole child both at home and school. It will highlight the progress made in school but also at home, whilst focusing on where and how schools can impact the lives of the vulnerable children we work with

Session C: Friendship & Relationship Skills – Excel Autism Provision, Wigston Academy

Using the Talkabout™ programme, we have developed a social communication skills package teaching and reflecting upon our students' friendship & relationship skills. We focus on identification of their friendship/relationship skills & qualities then lead tailored group activities to suit their needs. Topics covered include work on; Friendships – qualities, trust, conflict. Feelings, actions & consequences, peer pressure; relationships – self-esteem, girl/boyfriends, expressing feelings & peer pressure.

OR

Session D: How to make friends – ERP Autism Provision, Iveshead School, Shepshed

The session will explore how making friends and social interaction can be supported in young people who find this challenging. We will investigate what can be done in practical terms to help navigation of social landscapes and scripts. We will also investigate how we can help with understanding and avoiding inappropriate and damaging relationships.

Session E: Comprehension and Inference in Reading and Listening – Rawlins Academy (Autism Provision)

Understanding and teaching comprehension and inference in reading and listening for autistic children within mainstream schools.

OR

Session F: Transitions – Cleveland House Autism Provision – connected to Hinckley Academy

Transitions are often difficult for people on the autism spectrum and their families. Children, young people and adults with a diagnosis of ASD usually rely on routines to navigate situations, and a change; such as beginning school, changing school or getting used to a new routine can cause high levels of stress and anxiety. We will focus on how to plan a transition to a new environment, giving hints and tips that can be transferred to different situations.

Session G: Adaptations to environment – Birchwood Autism Provision, Birchwood Special School

Making Your Classroom Work For You: Creating an environment that supports positive behaviour and maximises learning opportunities. This talk will include information and resources on:

- Why autistic children and young people may find the classroom environment difficult to access.
- Reasonable adjustments that can be made to the environment to improve outcomes for autistic pupils.

How to set out an autism friendly environment.

OR

Session H: Discussing the diagnosis – Autism Outreach Team

A key step for many of our children is understanding the meaning behind their diagnosis. In this workshop the team will discuss different approaches, resources and ideas for tackling discussion about their diagnosis. Views of young people will be shared and opportunity for discussion about this process will take place.

BOOKINGS:

www.eventbrite.co.uk/e/practices-for-inclusion-of-children-with-autism-within-mainstream-schools-tickets-89596372161

PROFESSIONALS: £60 + booking fee

PARENTS: £20 + booking fee

No Refunds – we ask that you find an alternative member of staff to attend

Please select the breakout workshops you would like to attend – we will endeavour to give you the selection you have asked for...

A or B = SPELL framework & impact on pupils or Maintaining relationship – Footsteps

C or D = Friendship & Relationship Skills or How to make friends

E or F = Comprehension and Inference in Reading and Listening or Transitions

G or H = Adaptations to environment or Discussing the diagnosis

Email your selections to

AOSTraining@leics.gov.uk th subject line 'CONFERENCE'

I have been told about the **Specialneedsjungle.com** website. It appears to be a great resource and you can download SEND flowcharts for free. They are happy for them to be shared as long as recognition is given. As well as a annual review flow chart there is lots of links to how OFSTED explains its new way of reporting on SEND provision in education, a new autism toolkit that has been launched to get support for children and lots of links

Autism in pink: helping to identify undiagnosed girls with ASD, Hidden isolation: when autism can make leaving the house impossible! **Check it out!** Carole Heubeck - Editor

Autism Friendly Kibworth , sharing experiences in Kibworth

On 28th September over 80 people from Kibworth came together to celebrate the different lives of people and families living with autism and the wider spectrum the condition displays.

The community event was organised by a group of local residents involved in raising awareness about or affected by autism; their aim is to have better communication amongst themselves but also within the village, share experiences and improve the lives of families, carers and individuals within the spectrum of autism in Kibworth. The group wanted to acknowledge families and individuals, give them an opportunity to better know each other and learn from their experiences.

The main event was held at the café, The Well, which includes some volunteers within the spectrum of autism; music by local artists, donated cakes and a positive atmosphere contributed towards people feeling comfortable to share their experiences but also to consider ways to improve communication and peer support.

One of the suggestions that emerged from the day was the intention to create a carers networking group that could meet twice a month in The Well initially. The purpose will be to exchange impressions, support each other and have some respite as carers.

These sessions will be delivered by the interested residents, supported by each other, and managed in a rota basis, so the caring of their dependants during these sessions is also shared. People attending the community event on 28th September agreed on the importance of being able to share experiences, ideas and issues in a safe and local setting, easy to reach and where they can be welcome.

Emma Dowman, is the manageress of The Well, who hosted the event. Local shops displayed in their shop windows multi-coloured, multi-shaped hands, symbolising the diversity of people living with the condition. A brief list of actions that businesses and people in general can do to make a friendlier environment for people with autism was also on display the shop windows. It is now being considered to roll this out to other businesses and to show it in a more permanent basis.

Autism Friendly Kibworth is supported by the local Parish Council. Dr Kevin Feltham, Chairman of the Parish Council, created a Facebook page to raise awareness about autism and support residents wishing to get involved. The local bookshop displayed and sold books about autism on a variety of aspects and welcome joining the local initiative.

NEW !! Saturday PLAY CLUB
for young persons with Autism & SLD or PMLD

In partnership with the WELL CAFÉ in KIBWORTH we are hosting a **Play Club** for young people with Autism **and** severe or profound and multiple learning difficulties in a relaxed environment. There is a safe and enclosed garden which can be used, weather permitting. Every young person must be accompanied by a parent or adult carer.

Another goal of the Club is to provide carers of the young persons with Autism, SLD and/or PMLD an opportunity to meet and have a cuppa and chat with other carers whilst their young person enjoys supervised play in a safe environment. Carers have reported to us that it is difficult for them to attend mainstream and even other ASD friendly activities geared towards individuals with no or moderate learning difficulties. The severity of the



young persons' Autism and learning difficulties makes it nearly impossible for carers to see other carers in a supportive environment during the weekends. Parent carers reported that autism friendly holiday activities and evening or daytime parent support groups are impossible to attend with their young person or without due to lack of qualified and available care.

We will start with 1 Saturday per month from 2 – 4pm. Activities will include sensory play materials and games, music, exercise and movement in a safe environment. We will work with advice and support from Carers, Teachers, Art Therapists, Occupational Therapists, Music Therapists, and the Autism Outreach Team. Once we have a Leader and Support Worker, the anticipated start date is **Saturday 14th March 2020**

Time: 2 - 4pm

**Venue: The Well Café, 45 High Street,
Kibworth Beauchamp, LE8 0HS**

COST: FREE but donations accepted for refreshments & venue hire
Please email the LAS or ring the Helpline if you have any queries.

LAS JOB OPPORTUNITIES

1/Leader for a Saturday PLAY CLUB **for young people with Autism & SLD or PMLD** **£9.50 per hour**

2.5 hours- 1 Saturday per month-

1.45pm – 4.15 pm - for set-up and clearing up play materials and toys

Experienced working with, or caring for a young person with Autism, Severe Learning Delays, and/or Profound and Multiple Learning Difficulty.

Trained in personal care of persons with disability and incontinence

Willing & able to work as a team leader to provide supervision & play activities for young persons with SLD/PMLD and Autism

Complete paperwork related to the running and reporting process of the Club (registration, attendance, etc)

DBS certification required

References required

2/ Support Worker for Play Club **for young persons with Autism and SLD or PMLD** **£9.00 per hour**

2.5 hours- 1 Saturday per month

1.45pm – 4.15 pm - for set-up and clearing up play materials and toys

Experienced working with, or caring for a young person with Autism, Severe Learning Delays, and/or Profound and Multiple Learning Difficulty

Trained in personal care of persons with disability and incontinence

Willing & able to work as a team to provide supervision & play activities for young persons with SLD/PMLD and Autism

DBS certification required

References required



Jigsaw

PARENT CARER SUPPORT GROUP

7pm to 9pm on the 4th Tuesday of each month

for all Parent/carers of persons living in Leicester and Leicestershire,
with a diagnosis of Autism Spectrum Condition.

Refreshments are provided. Benefits advice, info and support provided in
a relaxed and confidential setting. Speakers will be available at some of
the sessions. Speakers and Topics Info will be confirmed on the LAS Face-
book page.

Transportation provided with advance notice.

Location:

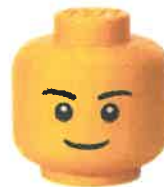
The Salvation Army, Leicester South Corps
Ladysmith Road , South Wigston
Leicestershire LE18 4UZ

Contact Donna Johnson

07583 634 682 for further information.

JIGSAW-LAS

"LEGO Autism Club" for young people aged 5+ years
with ASD diagnosis or on the Pathway for diagnosis.
The Club is run by volunteers, so parent/carer supervi-
sion is necessary.



Held on the 2nd **Saturday of each month from 11-**

12.30 at Blaby Methodist Church, Winchester Road, Blaby. LE8 4HL.

This is a great opportunity to have a fun time whilst creating and playing
with Lego.

"Light refreshments provided" (special diets welcome to bring your own).

COST: £2 per participant.

REGISTER with Donna Johnson

Email: donna.johnson1971p@yahoo.co.uk

Tel: 07583 634 682

Jigsaw

THE FRIENDSHIP CLUB

Held at the Salvation Army, Leicester South
Corps, Ladysmith Road, South Wigston,
Leicestershire. LE18 4UZ

7 to 9pm

2 Groups either on the 1st and 3rd
or the 2nd & 4th Tuesdays of each month.

For young people aged 11-19 living in Leicester & Leicester-
shire with Aspergers/High Functioning ASD & moderate
learning difficulties.

Activities include X box, Wii, Table Tennis, Pool, Football,
board and card games, crafts and a snug to chill out or watch
DVD's.

Refreshments are provided and there is a tuck shop, which
members take turns to run, where snacks can be purchased.

Parents can drop their kids off for a couple of hours or stay
and join other parents for a hot drink and a chat at the Jigsaw
Support Group which runs in the lounge of the same building.

Registration is required as places are limited

Contact: Donna Johnson 07583 634682

JIGSAW - ASD HOLIDAY CLUB



JIGSAW-LAS Holiday Club for young people with ASD and their parent-carers & siblings. Held on a Tuesday and Thursday during the school hols (except Christmas) for young people with ASD as part of their diagnosis, or undergoing assessment for ASD. A great opportunity for families to get together and have a fun time with their young person with ASD during the school holidays.

Venue-Based Activities: Soft Play, Arts & Crafts, games and puzzles.

*Light refreshments will be provided.

Non-Venue activities may include:

Swimming, Bowling, Twin Lakes Park and other Parks, (weather permitting)

*Transportation to & from most activities (except Twin Lakes Park or other parks more than 10 miles from Market Harborough) must be provided by parent/carers.

*Costs of the activities is subsidized, but families may still incur some charges for additional carers, trips & some activities.

***PLEASE BE ADVISED THAT THE BELOW TRIPS/EVENTS ARE AVAILABLE FOR LAS MEMBERS ONLY, DUE TO BEING SUBSIDISED BY THE CHARITY. TO BECOME A MEMBER PLEASE SEE DETAILS IN THE CENTRE OF THIS MAGAZINE**

February 2020 Half term Holiday:

Tuesday 18th Feb 2020 – 11am - 1pm Soft Play @ Playworld, Parklands Leisure Centre, Washbrook Lane, Oadby. LE2 5QG. COST: £5 per child

PLEASE BE AWARE THAT THIS IS NOT A PRIVATE SESSION SO WILL BE OPEN TO THE PUBLIC.

Thursday 20th Feb - 10am-12pm Venue Session @ M.H.Party Centre, Unit 7 St Mary's Business Park, Albany Rd, M.H, LE16 7QJ – Cost: Free

YOU DO NOT HAVE TO COME FOR THE WHOLE SESSION JUST LET ME KNOW WHAT TIME YOU WILL BE ARRIVING.

TO REGISTER: Please text or ring Donna Johnson 07583 634682 or email:donna.johnson1971p@yahoo.co.uk

Post registration & payment to Donna at address on form (see page 17).

EASTER 2020 Half term Holiday:

Tuesday 7th April 2020 - 11am - Ten Pin Bowling @ Hollywood Bowl, Meridian Leisure Park, Leicester, LE19 1JZ - COST: £6 for Under 18's (1 game & lunch inc) £5 per 18+yrs(1 game only) No cost if just helping child with the bowling. Cafe available for adults to purchase food.

THE CLOSING DATE FOR THIS TRIP IS TUESDAY 24th MARCH 2020 DUE TO LANES HAVING TO BE BOOKED IN ADVANCE.

Thursday 9th April 2020 - 10am-12pm Venue Session @ M.H.Party Centre, Unit 7 St Mary's Business Park, Albany Rd, M.H, LE16 7QJ – Cost: Free

TO REGISTER: Please text or ring Donna Johnson 07583 634 682 or email:donna.johnson1971p@yahoo.co.uk

If you want to book online then please click onto the following links to book:

<https://www.jumblebee.co.uk/softplayparklandsleisurecentre1>

<https://www.jumblebee.co.uk/tenpinbowlinghollywoodbowlleicester>

Post registration & payment to Donna at address on form (see next page)

Pre-Registration with payment required

JIGSAW - ASD HOLIDAY CLUB 2020 BOOKING FORM



Child's Name: _____ **Age:** _____

Date of Birth: _____ **LAS Membership No:** _____

ASD Diagnosis: Yes-date _____ Not yet _____

Parent/Carer's name(s): _____

Contact Number(s): _____

Address: _____

Email address: _____

Sibling(s) Name(s) & Age(s)

PLEASE CIRCLE :

18th Feb – Parklands Soft Play - £5 per person

20th Feb - Mkt Harborough Venue base activities – FREE

7th April - Ten Pin Bowling - £6 per child - £5 per 18+yrs

9th April - Mkt Harborough Venue base activities – FREE

Total Amount owed £ _____

Send your booking form & chequeOnline....Cash.....

Donna Johnson – 112 Tungstone Way, Market Harborough LE16 9GG (We will text or email to confirm your places)

**Haymarket Theatre Leicester
Friday 17th April 2020 at 12noon**

First to apply gets the tickets!

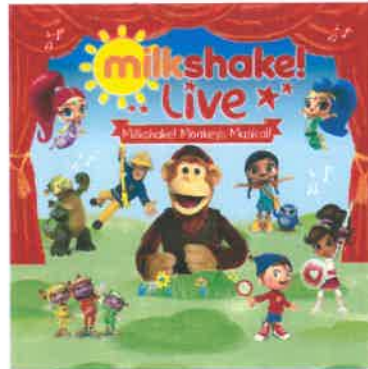


Miracles to believe in

Miracles have booked tickets for us to go as a group (safety in numbers) to the Haymarket theatre to see Milkshake Monkey along with his friends Fireman Sam, Noddy, Digby dragon, Nella the Princess Knight and the Floogals along with 2 milkshake presenters.

Ideal opportunity to give our children the opportunity to see live theatre (along with easy escape if it gets too much).

Tickets would normally be £17.59 for adults and £16 for children but we are offering these for **£5 per person**.



Email me initially to reserve your families tickets and once confirmed you have up to a week to send me the slip below to Carole along with your cheque/postal order, so I can respond with confirmation. If you do not hear from me, please email heubeck111@btinternet.com.

Milkshake Live Friday 17th April 2020

Parent/Carer Name:.....

Name of Child/Children with ASD.....

Address:

.....Post code.....

Email: Mobile number.....

No of adults in party:_____ No Children____
(max 6 tickets)

Cheque enclosed—payment to be made at time of booking. Please send this form along with cheque or postal order made out to 'Miracles to Believe In' to Please send this form to Carole Heubeck, 5 Grey Crescent, Newtown Linford Leicester LE6 0AA.

Day Trip to Drayton Manor Thursday 16th April 2020



This year we are taking two coaches to Drayton Manor for a day of fun, rides, Zoo and Thomas Land. All rides are included in entry price. One Coach will pick up from Market Harborough Market Hall at 8am with a pick up at Kibworth and Fosse Park at 9am to Drayton Manor. Thank you to Donna for offering to be in charge of this coach! The Second Coach (Paul Winson Coaches) will pick up from Loughborough, The Amber Rooms at 0810; Leicester St Margaret's Bus Station at 0840 and Leicester Fosse Park (ASDA bus stop) 0900. We return from Drayton Manor at 3pm. For those with a DLA letter you can also get tickets to jump the queues, please let us know if you have one and bring it on the day to be able to use this facility. This trip however is not limited to those who have a diagnosis - you are welcome even if you are still in the system!

The cost will be £10 per person and is limited to a maximum of 6 per immediate family or carer. **Children under 2 are free but must be counted in number in family**

Email initially to reserve your families tickets and once confirmed you have up to a week to send your payment to Carole Heubeck ..

Please email me at heubeck111@btinternet.com

I will need to know

Names of adults

Names of children 12 and over

Names of children age 4-11

Names of children age 2-3

Names of children 0-1

How many disabled children and who is the carer

This trip is unfortunately limited to those who are prepared to travel by coach as a group booking can only be for those on the two coaches. Drayton Manor Park are offering a special deal for families of 4 for £90 if you cannot travel by coach but obviously our trip is heavily subsidised.

Tickets are obviously limited so apply early - bookings made by email must be followed up within the week by cheque/ postal order/electronic transfer of payment by family - address on next page or at back on useful contacts page

Family Open Day Saturday 7 March 2020

RNIB

College
Loughborough



**Join us for a day of fun activities in
our College enterprises!**

To book your place and to find out more, please
call today on 01509 611 077 or email
enquiries@rnibcollege.ac.uk

RNIB College Loughborough, Radmoor Road,
Loughborough, LE11 3BS

Saturday 7 March, 10am - 2pm

Please email enquiries@rnibcollege.ac.uk

or call 01509 611 077 to book.

Join us for a day of fun activities in our College enterprises!

Autism Community Club @ The Peace Centre

We would like to invite parents, families and carers of children & adults with autism to come and join us

- Activities & Games include - Sensory Play, Arts & Craft, Pool Table, Indoor Football, PlayStation, Nintendo Wii and more...
- Q&A and advice on diagnosis, treatment options, school/college provisions and Disability Living Allowance - by Sister Hawa
- Social stories by Sister Shahean (Leicestershire Autistic Society)
- Disability Employment Advice by Brother Shehzad (Jobcentre)

FREE ENTRY - Snacks & Refreshments provided

When: Sunday 8th March, and 19th April 2020.

Time: 10:30am - 12:00pm

Where: The Peace Centre, Leicester, LE5 2NG

AUTISMAWARENESS #PEACECENTRE #AUTISM #SPECTRUM #LOVE #THURNBYLODGE #LEICESTER #CARE #COMMUNITY

As-Salaam Trust, The Peace Centre,
Thurncourt Rd, Thurnby Lodge, Leicester, LE5 2NG

Email: info@peacecentre.org.uk Web: www.peacecentre.org.uk

0116 24 17 100 - 07999 271 536

Made with PosterMyWard.com

LAS MEMBERSHIP FORM

ANNUAL ROLLING MEMBERSHIP FEE - £5 PER YEAR

I would like to **be a/renew as** (delete as appropriate) member of the LAS and receive LINK-UP by post and receive membership benefits..



***3 ways of paying for Membership:**

Please tick where applicable-

.....Cheque enclosed Postal order enclosed- payable to:

Leicestershire Autistic Society

.....Standing Order-(take the Standing Order Form (next page) to your bank)

Print Clearly & Post this form to: Donna Johnson 112 Tungstone Way, Market Harborough LE16 9GG

Name.....

Address:

.....

Post Code:.....**phone numbers:**.....

Email (Please PRINT).....

Parent/Professional (please delete as it applies to you).

Name of Child(ren)/person(s) with ASD.....

.....

Age(s).....

NOTE: Leicestershire Autistic Society (LAS) can now collect your **Annual Rolling Membership Fee by Standing Order** as this will be easier to administer and avoid confusion about whether Members have paid. To remain as a Member for 2019, or to become a new member, please complete the form on the next page and take this to your bank.

If you use online banking, please use our bank details on the next page to set up your annual payment. **Please use your name as the reference so that we can identify who has paid. And then** Please email our Membership Secretary to send her your name and address if you have used online banking - **lasmembership@yahoo.com** so we have your contact

details

If you have a question on the completion of this form please contact the Treasurer, Peter Holdridge, preferably by email on peterholdridge@outlook.com.

***Payment by cheque or postal order? A renewal Email or Text will be sent to you a month before expiry. If you do not renew by the next LINKUP mailing, you won't receive your LINKUP.**

PLEASE TAKE THIS TO YOUR BANK FOR STANDING ORDER

BANKERS ORDER

To the Manager of..... Bank plc

Bank's Address

Please pay to:

Leicestershire Autistic Society,

Account No. 00076485 Sort Code 30-94-97

At the Leicester branch of Lloyds Bank plc, High Street, Leicester.

The sum of £5.00 (five pounds) on the 1st day of ____ (month) 2019

and on the same day **each year** thereafter until further notice

Please debit my account with each payment made quoting the following reference:

Your Name/Reference

Account No.....

Sort Code

Date

Signed

Please photocopy or remove this page and take to your bank - send membership application form on other side to membership secretary

LAS MEMBERSHIP - £5 per year

Many thanks to all of you who have renewed their £5 membership, or who have recently become New Members.

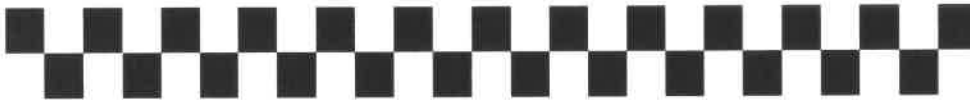
Reminders.....

- MEMBERSHIP Benefits - priority places on trips, activities and training workshops
- *BEFORE registering for anything: YOU MUST PAY THE £5 MEMBERSHIP FEE SEPARATELY* by bank, postal or personal cheque payable to "Leicestershire Autistic Society".
- Post with completed MEMBERSHIP APPLICATION to Donna Johnson (address below)
- Membership Applications - available on the LAS Website in our LINK-UP newsletters, in our leaflets or CONTACT US for a form: 0116 291 6958 or 07958 235 015
- Membership Number - You will receive your number by text or email your choice (see form). Please keep this number handy for future use!
- Payments for NEW or RENEWAL Membership by *STANDING ORDER*: please use your name as the "reference" on the bank form in this Linkup. *Take the Bank form to your bank.*

Send the Membership Application to: Donna Johnson, Membership Secretary, **112 Tungstone Way, Market Harborough LE16 9GG**

- or scan and email to:
- lasmembership@yahoo.com
- Membership Renewals-reminders are sent by email or text at least 1 month before expiration of the membership. If you do not renew your membership you cannot receive a hard copy, "fresh off the press" LINKUP, or Membership benefits.

Forms on previous pages 20 and 21



Spirit at Play Horse Centre

Illston on the Hill, LE8 8BJ

07557 819 483



The Families United project at Spirit At Play

Spirit At Play is a non – horse riding centre which focuses on helping children interact with six horses on the ground. It is for people of all abilities from those who have never been near a horse before to those who have ridden and been around horses. Our latest project called Families United is designed for children with additional needs and their siblings.

Read more about us

www.facebook.com/spiritatplaybirchavenequineassistedlearningcentre

About Leicester Wheels for All

We have a fleet of adapted bikes that allow people to experience the fun of cycling in a supported venue. We have a fantastic team of volunteers and session leaders who are trained to enable you to get the most from your cycling with us at our events.

Please take some time to look at the photos of our bikes and events on Facebook or on our webpage

www.leicesterwfa.org . There is also a booking page on our website.

As a registered charity we have to charge for the sessions. It costs

£5 per individual,

£10 per family,

£30 per group (up to 8)

Carers and Supporters free

**LEICESTER
WHEELS FOR ALL**



Meet at

Saffron Lane Athletics Stadium 1st & 3rd Sunday of every month (9/2 & 23/2, 8/3 & 22/3) 10-12 (and some Friday's (28/2) 1-3pm- for more dates check website)

And/or

Braunstone Leisure Centre Friday 28th February 10am - 3pm

Leicestershire SN Transitions Group

Transitions Group Meetings. All take place at Birkett House School, Station Road, Wigston, LE18 2DT. from 12.30pm - 2.30pm.

Open to all parents and carers of young people age 14-25 who are entering or going through the Transitions Stage (preparing for adulthood). The group recognises the particular confusions and stresses that Transitioning from Children's to Adult Services across education, health, social care and state benefits can bring and aims to provide information and support to families as well as monitoring what is happening at NHS and Local Authority level.

We cater for all disabilities and for young people in both mainstream and special schools.

For more information we can be contacted via our facebook page, Leicestershire SN Transitions Group by email LeicsSNTransitionsGroup@gmail.com

On **FRIDAY 14th FEBRUARY**, we will mainly be having a 'just us' meeting - Sarah Preston and I have been very aware over the last few meetings that the LCC Teams come along and tell us how things 'ought' to be working and we know that that just isn't what is happening On The Ground. This was particularly the case with our November meeting, when the Non Res Finance Team came out and again at the meeting this week with Supported Living. So we want to take an hour or so to find out exactly what is happening to us all - with Transport, with benefits, with colleges being offered, with Social Care and with funding.

Also, the meeting this week was wonderfully attended - thirty or so parents - but those who were there saw that that meant a certain level of chaos with not enough tables/chairs/space/time to find out what was happening. So in February, we're just going to take a deep breath, drink coffee, eat biscuits - and also get some idea of problem areas that families are facing that we need to get LCC to come along and talk about. We might also have Claire McWilliams, the Transitions Team Manager, coming for the second half of the meeting to answer all your Social Care queries.

On **TUESDAY 10th MARCH**, we have **Mariana Senior from Advance UK** coming to talk about HOLT. This is a scheme, mentioned at the Supported Living meeting, whereby a property can be purchased by anyone with a long term disability. Most of us had never heard about it and there wasn't time to cover it properly at the meeting but Advance UK are the company who run the scheme. We are also expecting to have at least

one member of the LCC Supported Living Team back as well too - to explain how Social Care & benefits fit into living in a property that you have bought.

On **TUESDAY April 28th**, we have **Marie Harris from SENA** back again to talk all things education - how to get a third or a fourth year at college, EHCPs, out of County placements etc.

And do let me know if there is anything else that you would like covered.

I have attached some information that Shirley Jones, the Supported Living Commissioner who came to our meeting in January, has sent through. **Annie Bannister**

Information below from the info given out by Shirley Jones (see above)

What is supported living?

It's a combination of housing and support services, provided to enable people to be as independent as possible, to have choice and control over where they want to live, who they want to live with and the support they receive.

About 360 people who are in supported living - 70/80% are adults with learning disabilities and the remainder have physical or mental health support needs.

The majority of people are aged 18 - 65 years with a small number of older people currently in services.

What sort of needs do people in supported Living have?

Learning Disability

A learning disability impacts cognitive and behavioural development that is likely to affect the level and method of communication, speech development, understanding and awareness of physical environment, keeping safe and decision making. Potential impact on capacity to make decisions in relation to particular circumstances and for some there is also an impact on sensory perception.

Autism

Autism is a lifelong, developmental disability that affects how a person communicates with and relates to other people, and how they experience the world around them. Autistic people see, hear and feel the world differently to other people. It is a lifelong spectrum condition, with no known cure but good support can improve a person's quality of life.

Some people with autism may also have learning disabilities, mental health issues or other conditions meaning people need different levels of support.

Mental Health

Most people at some point in their lives will be affected by mental health issues, either by experiencing deterioration in their mental health themselves or via supporting a family member or friend. Mental Health issues can affect individuals in a range of ways, the degree to which mental health deterioration will impact on a person's thinking, feelings and behaviour will depend on the nature of the issue. For example whilst there might be common issues, no two individuals will experience depression in the same way. Mental health service users often experience fluctuations in their mental health, so have good weeks and bad weeks.

Mental Health service users often require support around motivation, engaging and building trust, keeping safe, and developing and maintaining healthy coping strategies. Support may also be required around managing routines and developing hope and control over their lives.

How do you make the decision on who moves into supported living ?

Detailed assessments are completed that involves the professionals involved in the person's life, their circle of support (family/parent/carers) and the person themselves.

The location and type of Scheme is also taken into account as an area may be suitable for someone as it is close to their network of support, they may be familiar with the area or the level of support that will be provided in the scheme is the most appropriate for them as not one size fits all.

Where are people who would move into supported living accommodation currently living?

A number of people are living in the family home and the plan is to move so they can benefit from having their own home and becoming independent or they may need to move due to a change in circumstances for their parent/carer such as ill health, long term effect of caring or following bereavement.

Others will be supported to move out of institutional care (residential care) to live in the community with the right level of support.

What support do people in supported living get?

- Developing practical skills in managing the home
- Looking after yourself and staying well;
- Social Inclusion;
- Vocational; education, personal development, training, volunteering and employment

Who are the providers and where are they based?

We have a Framework in place with five providers who support people living in the following areas;

Hinckley	Aspirations Care
Harborough	Creative Support
Coalville	Affinity Trust
Loughborough	Royal Mencap
Melton	Lifeways Community Care

There are other Support Providers available that a person can choose to have in place by using a direct payment .

Why are you planning to increase the amount of supported living accommodation available across the county?

We are working to increase the amount of Supported Living Schemes across the County to give the people who we support an increased opportunity to live a life with the right level of support and opportunities to become members of a community. Achieving this relies on having the right offer of accommodation in locations that people want to live in with access to public transport and local amenities as well as less busy areas as not one size fits all.

How is Supported Living paid for?

Rent:- In most cases is covered by housing benefit or universal credit

Living expenses/Utilities: these will be paid by the individual from their income

Useful Information

Our current actions and accommodation requirements for all of our citizens are set out in the Social Care Investment Prospectus that can be found here <https://resources.leicestershire.gov.uk/adult-social-care-and-health/working-with-the-council/building-accommodation-to-meet-the-needs-of-people-in-leicestershire>

Our Working Age Adults Accommodation Strategy contains detail across all District and Borough Councils ; <https://www.leicestershire.gov.uk/adult-social-care-and-health/disability/housing-for-learning-and-physically-disabled-people/types-of-housing>

Home Ownership can be an option where the individual has capital or assets available as a minimum to meet legal fees. Local advice on the support for home ownership for those with long term disabilities is available at <http://www.advanceuk.org/shared-ownership>

Parent Carer Forums ...What We Do **Members of**

We are a group of Leicester City, Leicestershire and Rutland parents, from Leicester City Parent Carer Forum, Leicestershire Family Voice and Rutland Parent Carer Voice.



National Network of Parent Carer Forums
'Our Strength is our Shared Experience'
www.nnpkf.org.uk

Parent Carers can help pinpoint problems frequently experienced by families with disabled children. They are experts by experience and their knowledge is essential to professionals, to help them improve how services are delivered so they better meet families' needs. When parents and professionals work together, recognising each other's expert knowledge, informed decisions are made which make the best use of people's time and money.

For more information on Parent Carer Forums locally, regionally and nationally you can find more information at ... <http://www.nnpkf.org.uk>

Dave Nutting, NNPCF Regional Representative, East Midlands

Tel: 07582 197173 E-Mail: dnutting@live.co.uk

Web: www.nnpkf.org.uk



Leicester City Parent Carer Forum

Are you a parent carer living in the City or support parents and carers of children aged 0 to 25 with Special Educational Needs or Disability? Join others like yourself and have your say about Education, Health, and Care services provided in Leicester for disabled children and young people.

**Forum meetings are at Barnes Heath House, Humphries Close
LE5 4LU from 10.00am to 1.00pm.**

**Transport for meetings can be arranged if required,
For general enquiries via the PCFs General Information Number
on 0745 5745344**

**Refreshments are provided and lunch provided from 12.30 to 1.00.
Email: info@lcpkf.net**

Facebook: <https://www.facebook.com/LeicesterCityParentCarersForum>

360 Play Hub & Leicestershire Parent Carer Forum

Did you know that **Between 6.30pm and 8.30pm on the first Friday in every month "360 Play" at Meridian Leisure Park hosts an activity evening for SEN children - it is a lively and very noisy evening!**

However we have been able to set up a LPCF Hub at the venue enabling parents to get together. Katie and Diane chair the meetings that last for about 20 minutes, the purpose being to pass on information relating to the LPCF, gain views and feedback on issues, sometimes on behalf of LCC, listen to points of concern that parents may be experiencing and to offer support. 360 Hub is unique in the network of hubs, with parents from all over Leicestershire meeting. We are a small group that is growing, but would welcome new members

Two Steeples Public House and Wacky Warehouse 0116 281 3856 Paddock Street, Wigston LE18 1AD

Last Wednesday of the month between 4-7pm, soft play centre with a relaxed session just for children with SEND. It costs £3.50 for each child over 1 years old.

Donisthorpe - Jungle Madness DE12 7PY 01530 272 203

Soft play suitable for up to 12 year olds. Occasional SEND sessions but friendly staff suggested visiting on a Monday and Tuesday 4.30 - 6.30. They realise most children don't even want two hours and say if you want to come along at about 6pm for just the last 30 minutes when it is quieter - let them know and you can attend without charge



Mountsorrel Memorial Hall Leicester Road, Mountsorrel, LE12 7AJ

Disco for people with learning disabilities, with DJ Dolly and Chris

Once a month - £2 per person, Carers Free

12-30pm – 2:30pm Adults and 4pm – 5pm Under 16's

Once a month in association with Safe Well and Happy for extra activities. Peppercorns Cafe open for refreshments

Check their facebook page as I have been advised it is usually weekly!

Re: Care Navigation

Care navigators are an administrative team supporting the delivery of the healthy child programme through the Healthy Together (0-19) service across Leicester, Leicestershire and Rutland.

What support can care navigators provide? Health appointment information. Information relating to child and adolescent mental health services (CAMHS), for example whether a child is on a waiting list.

Information from Paediatrics, Speech and Language, Occupational Therapy etc, including checking on the progress of referrals

Signposting to relevant Support Groups.

Liaise with Local Authority services.

Liaise with the Looked After Child (LAC) service

Multi-agency meetings can be organised to support any decision making to enable a child to get the right support at the right time.

Parents can request support from care navigators

Our contact details are below,

Care Navigation Team contact Details

Leicester City:

Central Leicester (Cluster 1)	Graham Walker	Tel: 07884 460 278
South Leicester (Cluster 2)	Angela Roberson	Tel: 07825 976 164/
	Jane Campbell	Tel: 07884 458 533
West Leicester (Cluster 3)	Angela Roberson	Tel: 07825 976 164
North West Leicester (Cluster 4)	Angela Roberson	Tel: 07825 976 164
North Leicester (Cluster 5)	Jackie Hewitt	Tel: 07825 923 232
East Leicester (Cluster 6)	Jackie Hewitt	Tel: 07825 923 232

Leicestershire County:

Blaby District	Jane Campbell	Tel: 07884 458 533
Harborough District	Jo Houlston	Tel: 07900 914 728
Hinckley and Bosworth	Gemma Cole	Tel: 07827 449 413
Melton	Graham Walker	Tel: 07884 460 278
North Charnwood & South Charnwood	Lynne Zmija	Tel: 07827 879 700
	Jane Campbell	Tel: 07884 458 533
North West Leicestershire	Gemma Cole	Tel: 07827 449 413
Oadby & Wigston	Jo Houlston	Tel: 07900 914 728

Rutland County	Graham Walker	Tel: 07884 460 278
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The Monday Club

www.themondayclub.co.uk

The Monday Club is a social group based in Leicester for adults aged 18 – 65 who have Asperger Syndrome. The Club is based at the Leicestershire Centre for Integrated Living, Leicester, Andrewes Street Leicester LE3 5PA contact us on 07873 311 610

We aim to create a supportive environment for our members to meet, either in a mainstream setting or in the community, with trained staff and volunteers available to offer support where necessary.

We provide a variety of enjoyable activities for our members and offer the opportunity to meet others with Asperger Syndrome and to develop friendships and mutual support through structured activity evenings. The Club is funded by the City and County Social Services and works with them to identify and provide services to adults with Asperger Syndrome.

ADHD Solutions provides information, help and support for children, young people, and adults with Attention Deficit Hyperactivity Disorder, their families and anyone who supports them or works with them in Leicester, Leicestershire and Rutland.

We are based at **St Gabriel's Community, Centre, Kerrysdale Ave, Rushey Mead, Leicester, LE4 7GH. Tel: 0116 261 0711**

E-mail: info@adhd solutions.org or visit our website where you'll find lots of helpful information:

Membership costs £60 a year, which will include access to courses, regular newsletters, discounted activity days and youth club sessions, discounted venue hire and use of the sensory room - £5 per hour.

There are Support Groups out in the community in Blaby, Lutterworth, Coalville, Hinckley, Market Harborough and Loughborough

www.adhdsolutions.org

We are also on Facebook

Children's Hospital Passport for UHL. If you are taking your child into hospital (or just want to have one ready in case!) The link below will take you to a pdf you can print out (just 2 pages long).

<https://www.leicestershospitals.nhs.uk/aboutus/our-hospitals/childrens-hospital/hospital-passport/>

Are you aware of the family fund? Family Fund is the UK's largest charity providing grants for families on low incomes raising disabled or seriously ill children and young people. Last year, they provided 89,423 grants or services worth over £36 million to families across the UK.

WHAT DO THEY DO?

They provide grants for a wide range of essential items such as washing machines, sensory toys, family breaks, bedding, clothing and computers/tablets. It is a charity that helps families across the UK who are raising a disabled or seriously ill child or young person under 18.

For more details check out the website see above

Birstall United Juniors run an inclusive team up to the age of 11 which trains on Saturday mornings at Meadow Lane in Birstall at 11am - 12noon. Its £2.50 per session if anyone is interested they have a facebook page .
www.bufc.co.uk



Aylestone Park Football Club

Hi My name is Andrew Lennon and I'm the manager of Aylestone Park FC inclusive football team. We offer children and adults with disabilities the opportunity to train and play football, feel part of a team and make new friends. Training is on Friday evenings

If anyone is interested please feel free to contact me on my mobile 07368 210471 to discuss it further

Oadby and Wigston Inclusive Football Club

We train at The Meadows Sports Ground, Leicester Road, Countesthorpe, LE8 5QW

Ages 6 - 15 train Saturdays 10 -11am Over 16's Saturday 10.30 -12

We are part of Leicestershire & Rutland Inclusive League and play in their monthly tournaments.

Subs £7.50 per month.

Contact Beth Russell on 07896 345409

CEA Card for the Cinema. The CEA card is a national card scheme developed for UK cinemas by the UK cinema Association (UKCA)

The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

Apply online at www.ceacard.co.uk There are now lots of autism friendly screen viewing which can be found online.

ASD Family Swimming Sessions

**Saturdays at Bosworth Community Sports College,
Desford**



3.30 - 5.00pm Everyone welcome

Free Swimming Sessions every Saturday of the year; apart from Bank Holiday weekends. Sessions paid for by Leicestershire Autistic Society

New families would be most welcome to join in – just turn up.

Any questions? Contact Parent Rep John Brotherhood
on 01455 286 167 Mobile 07896 519 816

Or school contact Sue Cox, the Sports College's Pool Manager, by
telephone 01455 822841 ext.207

Charnwood Saturday Club

Run by ASPIRE:Lifeskills



Sponsored by Miracles to believe in Miracles to believe in

Aspire run a popular Saturday Club

Now moved from Shepshed to Loughborough Town Centre
and runs once a month
between 10am and 1pm.

Subsidised Cost is £15 per session.

For children between 5 and 19 on the Autism Spectrum

For more information please contact
Director Viv Boulton or Steve Parkinson

Email: aspirelifskills@hotmail.co.uk



**Leicestershire Autistic Society
Family Coffee mornings
at Oaklands School, Leicester**



We are delighted to announce that LAS will be partnering with Oaklands School in Leicester, an Autism Special School commended by NAS for ***Furthering the Knowledge of Autism***. We will meet from

10-11.30 every 2nd Tuesday from September.

All are welcome to attend the Coffee Mornings the 2nd Tuesday of each month (term time) 10am-11.30 at Oaklands School, Whitehall Road, Leicester LE5 6GJ. (0116 2415921)

There is some parking onsite in the bus lanes.

Please contact LAS at leicestershireautisticsociety@gmail.com OR <https://www.leicestershireautisticsociety.org.uk/> or call the school for more information

Melton Mowbray Youth Group

Melton Mencap and Miracles to Believe in

This group is for children and young people aged from 9 to 19 years old who have Autism. The group will provide a range of activities and games to support all ranges of ability.



The focus will be on fun and participation.

Miracles to believe in

Young people will have space to play, access to specialist areas like soft play and multi sensory rooms plus the freedom of the large play area outside, with outdoor play equipment, grassed areas and lots of fresh air.

Venue **Birchwood School**, Grange Drive, Melton Mowbray, LE13 1HA

Dates **Every third Saturday in the month. Please do not just turn up - you need to contact them to go on the waiting list**

Time **10.00am – 1.00pm** Cost **£10.00 per session**

Contact **Sue Mulligan/Simon Bailey 01664 564237**

We now have a text messaging service
for parents/carers of children aged 0-19.
Get advice from our public health nurses
(health visitors and school nurses).

TEXT: **07520 615381**

Feeding and nutrition
Parenting advice and support
Family Health

Child development
Behaviour difficulties,
Emotional health and wellbeing



ASD Coffee Mornings



Leicestershire
County Council

Are you a parent, grandparent, carer or family friend
of someone with Autism or Asperger Syndrome?
If so ... why not come and join us for a cuppa and a chat?

Where? Kirby Muxloe Free Church, Main St. Kirby Muxloe

When? The last Friday morning of the month during term time
10-12am

Everyone welcome!

Any queries please contact Rox on 0116 287 4517

Monthly Informal Meetings 7.30pm On the First Monday of the month

Offering Talks and Tea, Support, Information &
Advice



Moir Centre, Moira Street, Loughborough LE11 1AX

For further information see www.translate-asc.org.uk

Or telephone Jo or Paul on 01509 554797

Or email: translate_as1@ntlworld.com

THE CARERS CENTRE

UNIT 19, MATRIX HOUSE,
7 CONSTITUTION HILL, LEICESTER LE1 1PL
0116 251 0999

The Carers Centre produces a good newsletter with lots of useful information and details of training courses that they run.

OFFERS :

CARERS SUPPORT GROUP - Offers carers support, friendship and a few hours break. Held weekly at various venues. Call to sign up and for more info. County, City & Rutland carers welcome

SENSORY IMPAIRMENT GROUP- The Group focuses on how Sensory Impairments affect Mental Health of people with disability, including Autism. Group held at The Carers Centre, Leicester 11am – 1pm. Please ring them to clarify day and date per month

CITY MENTAL HEALTH FAMILY CARERS GROUP- For carers of a person who needs support due to their Mental Wellbeing difficulties. Also for carers who have Mental Wellbeing difficulties of their own. Ring Carers Centre for day and date of meeting each month 11am-1pm

SELF HELP GROUP- For carers who want fun while solving issues, a listening ear, Qualified Advocacy Support - Weekly (Thursday or Friday) 11am-1pm. Ring Carers Centre for day and date per week.

CITY GROUP FOR THOSE WHO CARE FOR AN ADULT WITH A LEARNING DISABILITY, INCLUDING AUTISM - The group aims to raise issues affecting carers of adults and young people in transitions who have a learning disability - 11am-1pm. Ring for more info

LEICESTERSHIRE LEARNING DISABILITY GROUP- For Carers of those with a Learning Disability in the County - Usually 1st Monday of each month at Leics County Hall - Ring Carers Centre for more information

CRAFTY CARERS- A social craft making group- held at Matrix House, Leicester. Ring for times and dates

enquiries@claspthecarerscentre.org.uk

www.claspthecarerscentre.org.uk

S.N.I.P.S. Hinckley

Helping children to be themselves, to make new friends & try new experiences. SNIPS is a small charity in Hinckley. We provide weekly Clubs and Summer Holiday Play Schemes at local Schools.

Our aim is to reduce isolation for disabled children by giving them a sense of belonging. By using volunteers to befriend our youngsters we create a better understanding of disability and as a consequence of our work, we reduce stress within families.

**Special Needs Integration Projects, at Westfield Community Centre,
Rosemary Way, Hinckley, Leics, LE10 0LN**

01455 630 834 (answer phone) 01455 440 660,

info@snipshinckley.com

RUTLAND

Family Centre drop-in sessions in Rutland

We meet at The Rutland Community Hub, Lands End Way, Oakham (next to Lidl) from **10-11.30 am**.

It is a very informal peer support group. Join us for a cuppa. We will have information for families living with disabilities. The LAS have been invited to join in and build some networks in Rutland.

Any queries, please contact Caroline at the Rutland Rotaract Family Support Centre
RRFSC@hotmail.co.uk

Autism Friendly Cinema screenings at Phoenix

Autism Friendly screenings are family films, shown in a supportive environment with reduced sound levels, partially raised lighting, no trailers and the freedom to move around. Our cinema is relaxed, friendly and comfortable.

When possible, we provide a separate space to relax in. Audience feedback indicates that these screenings are also suited to people with certain learning disabilities.

Taking place on the second Saturday of each month at 11am.

Saturday 8th February will be Jumanji: The Next Level
March details not out yet!

LEAT - Leicestershire Empowerment for Autism Today

LEAT is a well respected charitable organization with 20 years experience of providing a wide range of specialist support services to young people 15+ and adults with Autistic Spectrum Disorders (ASD's) and especially Asperger Syndrome.

The support is delivered by professional staff with a holistic and person-centred approach according to individual need, the most common areas being.

Independent living skills,	Social and communication skills
Anxiety and stress awareness & management	
Career advice & guidance,	Support in the workplace
Benefits advice & guidance	Further Education support
Advocacy including representation at DWP and employment Tribunals	

Most of our clients receive 1-1 support and this is often funded by the Local Authority in the form of a Personal Budget or Direct Payment. However, due to recent government funding cuts we have had increasing numbers of people paying privately for their support.

We also have a social morning every Thursday in different venues in Leicester city centre which is open to our clients. In addition LEAT offers training courses in Personal Development to people with ASDs and training in 'Raising Awareness of Autism' to professionals.

For further details please contact: **Carol Hunt, CEO**

carol.hunt.leatleicester@outlook.com

Tel: 0116 2770001

South Leicestershire Mobile Toy Library

We are a small local charity that provides a mobile toy library service for families and play settings in the Harborough District and the Borough of Oadby and Wigston.

We have a wide range of therapeutic and educational toys available to borrow that are suitable for children with autism. This includes a wide range of sensory toys, such as light up toys, sensory fibre optics, musical toys, a dark tent and
There is no charge for the service as we are fully funded by charitable donations. If you are keen to find out more please contact our co-ordinator, Lizzie Keenan to enquire about becoming a member.



Email toylibrary@hotmail.co.uk



**A group to offer support to parents and carers
of people with Autism.**

**We meet every 3rd Tuesday of the Month
at the Royal British Legion (skittle alley)
from 12:30 -2:30**

**Come along for a chat and Tea and Coffee
First Meeting of the year**

Tuesday 21st January 2020

For more details see:

**Facebook: Melton Mowbray Spectrum Support
email:meltonspectrumgroup@gmail.com**

FTM Dance Leicester

Phone 07543 068872

For more information

**We now offer both children's and adult
services, as well as dance, drama and
music and creative therapies and sum-
mer playschemes .**



To register your interest and for more information

Contact on ftmdance@gmail.com or ring the number above

Helpline

LAS Helpline - Tel: (0116) 291 6958

E-mail leicestershireautisticsociety@gmail.com

Please note this will normally be an answer machine, Lindy will get back to you at a time suitable hopefully for both of you. Lindy is a volunteer with her own family and life, so cannot always answer straight away. Thank You

If you need help from social care services

please contact:

(Leicester City) 0116 4541004 – Adults and Children's services. Please state which you need when you speak to someone.

(Leicestershire) 0116 305 0004 – Adults Services

(Leicestershire) 0116 305 0005 – Children's Services

(Rutland) 01572 722 577 – Adults and Children's services. Please state which you need when you speak to someone.

Out of Hours

If you have an emergency situation outside of normal working hours:

Children's Services

(Leicester) 0116 454 1004

(Leicestershire and Rutland) 0116 305 0005

Adults Services (all areas) 0116 255 1606

Below is the link to the **Family Information Directory** produced by **Leicestershire County Council**

<https://www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/family-information-directory>

Alternatively just google Leicestershire County Council and you will find it in the Education and Children/Social Care and Supporting Families section. ring 0116 305 6545 email family@leics.gov.uk

Useful Contacts continued from back page

New Dawn Family Support Service

www.newdawnfamilysupportservice.org.uk

Tel: 0116 287 7335

Rutland Parent Partnership Service: Sue Flather, Rutland Citizens Advice Bureau, 56 High Street, Oakham, Rutland LE15 6AL

Tel: 01572 757 420

Leicestershire Parent Carer Forum (aka Parent Part)

Tel: 01455 323020

Menphys

Tel: 01455 323018

Services for Adults with Autism in Leicestershire:

Fosse Autism Service: Chris Howell, Leicester Frith Hospital, Groby Road, Leicester.

Tel: 0116 225 5335

Disabled Children's Teams Enquiries for City Carers: The Access Point Tel 0116 294 6096

Text 07890 320 322 email DCT@leicester.gov.uk

Leicester City Parent Carer Forum Contact Dave Nutting

Tel: 07582 197173

LEAT Asperger Support Services 178 London Road, Leicester, LE2 1ND Tel: 0116 254 1664

e-mail: carolh2047@icloud.com

Saturday Swimming Sessions at Bosworth Community College:

John Brotherhood (Parent)

Tel: 01455 286167

Or Sue Cox

Tel: 01455 822 841 ext 27

FTM Dance Leanne Evans

Tel 0754 3068872

www.ftmdance.co.uk email Leanne@ftmdance.co.uk

If you have a contact you wish us to include on this page - please contact the Editor, Carole Heubeck on heubeck111@btinternet.com

Apologies if you have been missed out of this quarters Link-Up - please get in touch and I will try to put you in the next edition. Again if you are aware of a Group folding please let me know so I can remove them - it causes great disappointment to new parents who are trying to make contact with the Groups.

NAS Phone Numbers

Education Rights Service	0808 800 4102
Autism Helpline	0808 800 4104
Parent-to-Parent Service	0808 800 4106

The next Link-Up will be published in early May 2020 - Anything you wish to submit for publication should be sent by 20th April 2020 to Carole Heubeck via email at heubeck111@btinternet.com
Alternatively please post to 5 Grey Crescent, Newtown Linford, Leicester, LE6 0AA

Useful Contacts



Leicestershire Autistic Society

Helpline: Lindy Hardcastle 31 Flaxfield Close, Leics LE6 0EZ Tel: 0116 291 6958
e-mail lindy.hardcastle@hotmail.co.uk

Chair/fundraising Jenny Cornwell, 9 Kingston Way, Market Harborough LE16 7XB
Email, cornwells@hotmail.co.uk, Tel: 07775 777 524

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peterholdridge@outlook.com Tel: 0116 277 1974

Membership: Donna Johnson, 112 Tungstone Way, Market Harborough LE16 9GG
lasmembership@yahoo.com Tel 07583 634682

Jigsaw Support and activities: Donna Johnson Tel 07583 634682

Jigsaw Secretary Dawn Craddock 3 Wentworth Close, Leic LE8 0XB Tel 07958 235015

National Autistic Society (NAS),
Helpline Education rights service Tel 0808 800 4104

Monday Club : email themondayclub@hotmail.co.uk
Contact Monday Club Project Manager Mobile 0787 3311 610

Translate Adult & Partners Group - Paul & Jo Sandford Tel: 01509 554 797

Miracles to Believe In.

Secretary Julian Heubeck, 5 Grey Crescent, Newtown Linford , Leicester LE6 0AA
Email heubeck111@btinternet.com Tel: 01530 244 790

Aspire: Email aspirelifefskills@hotmail.co.uk Tel: 07854 918 575

Children's Services

Leicestershire Psychology Service:	Tel: 0116 305 5100.
Leicester City Educational Psychology Service:	Tel: 0116 4545470
Leicestershire Autism Outreach Service: Kevin Baskerville:	Tel: 0116 305 9400
Leicestershire Pre-school Support Worker:	Tel. 0116 305 9400
ICT Assessment Service	Tel: 0116 305 9400
Leicester City Complex Learning, Communication,:	Tel: 0116 454 4650
And Interaction SEND Support Service	
Rutland Autism Outreach:	Tel: 01572 758 496

Leicester's Disabled Children's Services, Local Offer and Adult Services Directory are now
All on one site <https://mychoice.leicester.gov.uk/>

Carers Centre (formerly CLASP) Tel: 0116 2510999
email enquiries@claspthecarerscentre.org.uk

ADHD Solutions, Tel: 0116 261 0711

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