



Furness Branch

Local Website - www.furnessnas.org.uk

To receive future newsletters by e-mail - please contact Jackie

jackiebell38@hotmail.com

Day Meetings

Friday 21st Oct - 9.30-11.00am

Friday 11th Nov - 9.30-11.00am

Evening Meetings

There are no evening meetings at present, but please let me know if you would be interested in attending one in the future

Meetings

held at
The Annexe, 37 Bath Street (near Hindpool Nursery School) Barrow

Free Autism Workshops for Parents/Carers

The workshops will be presented by Marion Jones, Service Development Manager for Autism, at the Fire Station, Phoenix Road, Barrow or at the Children's Centre, Lapstone Rd in Millom, LA18 4LP

Refreshments provided - please bring own lunch or items to share.

Ring Jackie - **07825995173** to reserve places.

Communication - Tuesday 8th November - 10am - 2pm at the Fire Station, Barrow - 'Fostering communication in children who are not talking' The aims are: to understand the stages of communication development, to understand what might be different about communication development in children with autism and to introduce some strategies that may foster communication development in children with autism.

Behaviour - Tuesday January 24th - 10am - 2pm at the Fire Station, Barrow - The aims are: To begin to make sense of the behaviours of children with ASDs, to explore the impact of 'challenging behaviour' and to plan for change,

Growing Up and Moving On - Wednesday 8th February - 10am - 2pm at the Children's Centre, Lapstone Road, Millom - The aims are: To understand what is involved in 'becoming an adult', to explore the challenges experienced by young people with autism when thinking about the future and life beyond school, to provide information about rights and entitlements for young people as they become adults and to introduce some strategies that may be useful when supporting young people with autism through growing up.

What Now Course - There is a course currently running in Barrow, but if you are interested in attending a future course or would like more information please contact **Johann Knox** - 01229 401097
johann.knox@cumbria.nhs.uk

NAS helplines have new telephone numbers which are free from landlines and most mobiles

The Education Rights Service 0808 800 4102 The Autism Helpline 0808 800 4104

The Parent-to-Parent Service 0808 800 4106

Facebook Page - We are now on Facebook. (press control + click to follow link) [National Autistic Society - Furness Branch](#) or search for National Autistic Society - Furness Branch then 'like' us to keep up to date with branch news, events, workshops and fundraisers.

Furness Parents/Carers of Disabled Children Forum - Learning to Change in Cumbria

This forum will encourage all parents/carers of disabled children to join and support one another with information and help make positive changes, to all services and activities for disabled children and their families, in our local area.

Meetings are held at

The Nan Tait Centre, Abbey Rd, Barrow.

Next meeting - Thursday 10th November from 7pm

If you would like to join us or receive further information please contact

Derek Brook on 01229 407575 or Jackie Bell on 07825995173

Asperger Youth Group - 11 to 18 years - We have recently established an Asperger youth group with the help of local youth organisations. There are several places available, if your child/young person may be interested in being involved, please contact me for more information - Jackie - 07825995173

Half-Term Activities

These activities are free and are exclusively for children with a disability. Activities at Park Leisure Centre unless otherwise stated - **trampolines, canoe & horse riding sessions must be booked - Contact Michelle on 407312**

Details of the usual activities, trampolines, aqua max, canoeing, play max etc. are attached. If you would like to be added to the list for the information on activities please let me know and I will pass your details onto Michelle or you can visit:

<http://www.barrowsportscouncil.org.uk/equity/>

New indoor disability football sessions

Barrow Sports Council and Barrow AFC are running weekly football sessions for young people with a disability at DASH @ Dowdales which is a very disabled friendly venue on the Dowdales school site.

Tuesdays - 5pm to 6pm £1 per session, please contact Craig Rutherford on 07816163346 for more information,

Regular Activities

CADS - Children's Aled & Disabled Sports - Lakes Leisure, Ulverston - Sundays 1.00-2.00pm - Ages 5-16, £2.10 per session, siblings welcome. For more information contact 01229 584110 or e-mail c.smith@lakesleisure.org.uk

Ulverston Pool - Disabled swimming sessions - Saturdays 5.15-5.45pm - cost £2 per person, carers free. Please contact Caroline as above.

Multi skills sessions - Mondays (Term Time) - 5:30 - 6:30pm at Hoops basketball centre, Thorncliffe Road. All sessions are FREE and all Family members are welcome. (Age 6 -16 but they won't turn anyone away). 01229 407310

Gym sessions - Max-Inspiration - Park Leisure Centre - Saturdays & Sundays - 10.30-11.30am - for young people (8-16) with disabilities - £2.50/session or £9/month. To book ring - 01229 871146

Play Max Inspiration - Soft Play (Park Leisure Centre) - disability sessions - £2.20 per 45 min session - Sat & Sun - 1.30-3.30pm - Tues & Fri - 3.45-6pm - Mon & Thurs - 12.45-2.15 - Wed - 9-11.15am

Branch Activity - Family Swimming Session - Dalton Leisure Centre - Sunday November 27th - 5-6pm in the pool and 6-7pm in the café, if you want to stay for a chat or bring something to eat. Contribution of **£1.25** per person. Places are limited so please let me know if you would like to reserve a place. For more information please call Jackie on 07825995173

Apollo Cinema - The Cinema Club (for children and young people with disabilities and their families). It will usually be held on the last Sunday afternoon of each school holiday. Children will pay £3.50 and carers will go free. Cinema club cards will be provided and membership is free. Next date is Sunday 30th Oct. Please let Michelle know if you are interested in joining. michelle.mcaveeney@cumbriacc.gov.uk or ring 01229 407312

Millom - Autism - Parent Support Meetings - There are parent/carer meetings on the second Wednesday of each month (Term Time only) - Next date is 9th November. The meetings are held from 10am until 12pm at the **Millom Children's Centre, Lap stone Rd in Millom, LA18 4LP**

Conference - Autism a Hands on Approach - Wednesday 2nd November 2011 from 8.50am to 5pm at the Pinewood House Education Centre, Stepping Hill Hospital, Stockport. £35 for parents. This is the 8th annual national conference organised by professionals and parents in partnership. They will be discussing key concerns, practical issues and sharing evidence based approaches. See attached flyer for more information.

The National Autistic Society <http://www.autism.org.uk/> is the leading charity for people with an ASD and provides many services including campaigning, publishing a wide range of books and materials and maintaining a website rich in information. If you are interested in becoming a member please ring 020 7903 3563 or e-mail membership@nas.org.uk