

AWARE MEMBERS HAVING FUN AT HOME!

We have loved seeing all the photos you have shared with us of the fun you have been having at home! It has really brightened up our week to see them, so thank you.





SEE YOU ON FACEBOOK...

Don't forget to 'Like' AWARE on our open page. As there is currently so much information for activities at home and webinars/other virtual events, most non-AWARE news and resources are on our page for now. You can find it here: www.facebook.com/AWAREautismsupport/

Our closed Facebook group, meanwhile, is the best source for AWARE-related news and information, including video recordings and slides from all of our virtual support sessions. You can find it by clicking on the following link: facebook.com/groups/317649321643365/

The group is also a very active forum for discussion and peer-to-peer support among our members. There will be no newsletter in August so don't forget to keep up to date with what we and our members are up to.

Another great way to stay in touch with what we are up to is via the members'-only section on our website, which is constantly being updated. This contains all of our monthly newsletters and resources such as sleep tips, a childcare/respite provider list and our book library contents: aware-uk.org/



HOW TO DONATE TO US

We are sometimes asked the easiest way to donate money to AWARE. The best way is via Localgiving. All you need to do is click on the button below which says 'Donate Now' and follow the steps outlined. You can also do a bank transfer using these details: Name: AWARE, Sort code: 40-52-40, Acc no.: 00031712. There is also a link on our website to our donation page: <https://aware-uk.org/donate-to-aware/>



NEED TO CONTACT US?

Email: info@aware-uk.org

Phone: 07826 926150

Project Manager: Rachel Miller
rachel.aware@outlook.com

Family Support Manager: Margaret Nash
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Family Support Coordinator: Nikki Pickles
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Marketing/Admin: Becci Barker becciaaware@outlook.com

Project Worker: Fiona Burton fiona.aware@outlook.com

Please note, emails will only be checked during working hours. It is best to email rather than send Facebook messages as these can be easily missed.

AWARE VIRTUAL EVENTS

Weekly Support Sessions: Nikki is running fantastic video support sessions at 1pm every Thursday via Zoom, where guest speakers give talks on issues such as anxiety, neurodiversity and local services. Members have plenty of time to ask questions and discuss topics raised. Zoom is easy to install on a computer, phone or tablet. We have attached a guide to how the sessions work and how to use Zoom (see the newsletter email).

The next sessions will be:

- 2nd July Mark Glenton on confidence in meetings
- 9th July Seba Thomson on anger
- 16th July Elaine from Family Fund talking about what they offer
- 23rd July Louise Gorman from Acacia Education discussing advocacy
- 30th July Carers Resource talking about young carers

You can view our most recent video sessions retrospectively using the below links, and also view any available slides (attached to the newsletter email). All past videos are also available on our Facebook group here: www.facebook.com/media/set/?set=oa.3933951426679785&type=3

- AWARE talking about what we will be offering this summer plus the Specialist Inclusion Project: drive.google.com/file/d/1tBGGlvtEE6Djstq41tNkJ9iPV0SlzxdI/view?usp=sharing
- Carers' Resource discussing the help that they can provide to parent carers : drive.google.com/file/d/17M91Vy4xfGLyVqpqk8pJ2RSrJEVxQFI/view?usp=sharing
- Lillie Connor with advice on behaviour, communication and interaction: drive.google.com/file/d/1stPxZCERVFUKM-2PzXQg1lpsCWV1tiwW/view?usp=sharing
- Seba Thomson talking to us about how to create your own 'parenting toolkit': drive.google.com/file/d/1cbXskTEPoVeHzCk9CohSCF-02ruLkm3_/view?usp=sharing
- Seedlings chatted with us about how to help develop your child's speech and language: drive.google.com/file/d/1OE2OMwI0LwSMWSxqrmPJQKDvyU5t6R8p/view

Moving-On Club: Our Moving-On Club for young people aged 18+ continues to meet at 7pm every Tuesday using Zoom. Members get to take part in activities such as bingo, quizzes and Taskmaster games. If your young person would like to be involved in the meetings or join the Moving-On Club WhatsApp group, please let Rachel or Fiona know at rachel.aware@outlook.com or fiona.aware@outlook.com and we will add them.

Nebula Girls' Group: This group is run by AWARE member Lesley Brook and currently takes place on Friday evenings via Zoom. The group will run different virtual activities every week. If your daughter is interested in joining Lesley's group please contact Lesley on 07814486693 or at lesleybhtb@gmail.com

AGM: Our Annual General Meeting will take place on Wednesday 8th July via Zoom and we'd love it if you could join us to hear about what we have been doing to evolve as a charity and to help contribute to the future development of AWARE.

The meeting will take place at 7.30pm and the joining info is:

us02web.zoom.us/j/9610610872?pwd=V0pkZ1JYYXdBNkk5N3JlYWNPpRkhLQT09

Meeting ID: 961 061 0872 Password: RachelMO

Look out for our annual report, which we will be sending out after our AGM!

NEED FURTHER HELP?

If you need help over and above what AWARE offers, take a look at the members' section on our website, which includes help sheets covering the following areas:

- Helplines and Useful Links
- Private Therapists and Tutors
- Childcare, & Respite Provider List
- Sleep and Autism

Just click here to go to our homepage: aware-uk.org/ and if you hover over 'Help and Information', there is a dropdown menu with our different help sheets.

Please take a few minutes to have a look at our frequently asked questions, too: aware-uk.org/contact-us/faqs/

WEBINARS TO WATCH



One of the better results of lockdown and social distancing has been the abundance of webinars available - in many ways it has been easier than normal for a lot of us to feel connected and join in with things. AWARE has pulled together a list of some of the most useful-sounding upcoming events or previously recorded ones:

Autistica has a wide range of free webinars: youtube.com/channel/UCOczrUsUjmBbUMPTOHlgGKg

Harry Thompson offers free, short videos and longer webinars with a focus on Pathological Demand Avoidance: facebook.com/HarryThompsonPDAExtraordinaire/

Autism Learns has a free webinar on Interventions & Therapies: autismlearns.co.uk/intervention-therapies/

The Isabella Trust runs a range of webinars. They are free but

they welcome donations: theisabellatrust.org/courses-and-workshops/: positiveautismsupportandtraining.co.uk/courses

Reachout offers webinars on a variety of SEN-related areas including how to write a Social Story: reachoutasc.com/

Sue Larkey and her associates offer free webinars including one that covers girls and autism: suelarkey.com.au/free-webinars/

Free webinar on Wellbeing for Parents & Children: tinyurl.com/y83tyepg

The Witherslack Group runs a range of free webinars on a wide range of autism-related issues: witherslackgroup.co.uk/webinars/

Yvonne Newbold runs a series of webinars, with a focus on challenging behaviour : tinyurl.com/ycprks3d



Tell us your story! When we did a recent poll about what members would like to see in our newsletters, one of the most frequent responses was that you'd all like to see more stories from other members. But so far we haven't persuaded any of you to send us anything!

Your contribution could be anything - you and your family's life, living with autism, lockdown experiences, an interesting hobby/job you have, or tips that you can offer to other members on anything - autism, family holidays, the list goes on! If you'd like to write something for us we'd be so grateful and we hope it will spur on others to do the same.

Please email me at becciaaware@outlook.com with any submissions, ideally with photos too!

AWARE'S GROUP RULES

Just a polite reminder of AWARE's group rules, relating particularly to our Facebook group and page:

1) Be Kind, Courteous and Respectful

We're all in this together to create a welcoming environment. Let's treat everyone with respect. Healthy debates are natural, but kindness is required.

Please be accepting that members may have a wide range of different opinions and beliefs.

2) No Hate Speech or Bullying

Make sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender or identity will not be tolerated.

3) Spam

Spam and irrelevant links aren't allowed.

4) Respect Everyone's Privacy

Being part of this group requires mutual trust. Authentic, expressive discussions make groups great, but may also be sensitive and private. What's shared in the group should stay in the group. Please do not name particular individuals when discussing negative experiences you may have had. Please be aware the group is open to family members and individuals affected by autism as well as support services. Any inappropriate or 'naming and shaming'/defamatory comments will be removed.

5) All AWARE staff only work part time and are only available to answer queries and questions on Facebook, Messenger, text and email during working hours.

RAISE MONEY WHILE YOU SHOP!

If you can spare just five minutes to sign up to easysearch & easyfundraising, we will then receive a percentage of your online spends or an amount agreed by the company at no additional cost to yourself.

Participating websites include Amazon, M&S, Play.com and lots of other major stores.

Visit easyfundraising.org.uk/causes/aware to sign up.

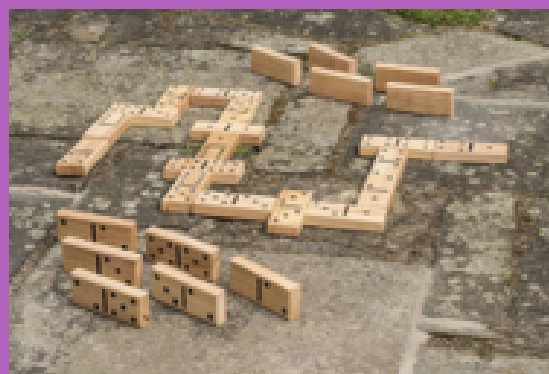
JOIN US THIS SUMMER!

AWARE will be running its Stay & Play sessions again this summer, with some changes!

We will run all sessions at Addingham Youth Centre, every Monday & Wednesday from Monday 27th July to Wednesday 26th August. There will be two sessions per day: 9.30am - 12.00pm & 1.00pm - 3.30pm with a maximum of four families per session.

Cost will be £7.50 per family per session, payable by bank transfer to secure your place (this is to avoid unnecessary contact). AWARE staff will not be able to have direct physical contact with your children so unfortunately we will not be able to have any supported places this year.

Please see the Summer Playscheme document attached to the newsletter for more information including how to book.



A big thank you to all of AWARE's generous sponsors for helping us to continue to do the work we do...



ROUNDTABLE



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NATIONAL LOTTERY FUNDED

White Stuff