

For more info about the branch, contact: Sophie on 020 8886 3846

For info or feedback for the Newsletter please contact Kathryn on 01992 632072

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# Newsletter

## Summer Term 2011

Welcome to your Summer Newsletter!

We hope you have all had an enjoyable Easter and if you have children, they have settled into the new school term. Here's hoping that the early warm weather was not the summer and we have many more lovely long summer days to look forward to!

We have some new dates for your diaries, please read on! We are pleased to bring back Florence Hayes playground sessions for families and children, we have included the dates again to remind you, or if you missed them last time.

We have a workshop on the topic of Autism, Sex and Relationships and an evening meeting on Sensory Integration. More details further in the Newsletter and also note that you need to book for the Autism, Sex and Relationships workshop - see booking form enclosed with this mailing.

Our coffee mornings continue this term, so if you haven't had the opportunity to go to date, read further in this newsletter for more details.

We are pleased to announce the re-opening of our **Library and Resource Centre** this term. This will be at Cedar House. More details and confirmation of date to follow.

We hope you like receiving your Calendar and Newsletter by email, those of you who switched from hard copy. As always, please do let us know what else you would like in **your** Newsletter! From news coverage through to the activities we plan, let us know what you think.

If you have information that you think would be helpful for other members then please do contact us so that we can include it in future mailings. We are always happy to publicise local events and organisations that support people on the autistic spectrum and their families. We are also keen to include stories and reports in the newsletter so please do let us know if there is something you think we should be covering.

**If you have any feedback or information for the Newsletter, please speak to me, Kathryn Kazmanli on (01992) 632072.**

Read on for the full programme of talks, activities and information for this summer term ...

**There is a new Calendar of events with this Newsletter.**

**Stick it on the fridge door now!**

### ***This Term's Programme***

#### **Branch Activities for Parents/ Carers**

##### **Coffee Mornings**

Our weekly coffee mornings at **Galliard School** continue this term hosted by Sian Warner, Learning Support Teacher and a parent of a young adult on the spectrum. Many parents go along to share ideas, experiences and understanding. These sessions are a

mixture of speakers and social time to allow you to meet new people and have a chat. So if daytime meetings are more suitable for you, then this is a great opportunity to come along. **These coffee mornings run every Tuesday morning during term time from 9.30am to 11.30am in The Community Room, Galliard Children's Centre, Galliard Rd, Edmonton, London, N9 7PE.**

**Please note this meeting is for parents/carers only – it is not intended for children.**  
**For more information call Joyce on: 020 8443 0092**

There is also a coffee morning at the **Prince of Wales Primary School**. This is another opportunity to meet parents and carers of autistic children, share information and make new friends. Pauline Malcolm will also be attending these meetings. **This coffee morning runs every Friday morning during term time from 9.30am to 11.30am at The Prince of Wales Primary School, Salisbury Rd (Off Ordnance Rd) Enfield.**

**For more details call Karen Rees on: 01992 762840**

## **Autism, Sex and Relationships Workshop with Jenny Coffey**

Following positive feedback from many of you who attended our previous session on this subject, we are pleased to be able to offer you a longer workshop on this subject. This will be on Saturday 21<sup>st</sup> May at Russet House School. Jenny Coffey is an Independent Autism Consultant and trainer with thirty years experience of working with children. She is trained in key approaches such as TEACH, PECS, Intensive Interaction, Social Stories and Musical Interaction. She has designed and delivered courses on topics relating to autism and Aspergers Syndrome and has published articles and book reviews. She is also a regional tutor for a university postgraduate autism course.

The workshop will include a presentation covering autism and sexuality, and suggest some support strategies. There will be some group activities and an

opportunity to look at visual resources and topic-related books that parents may find useful.

When Jenny spoke to one of our evening meetings recently we all found the session so interesting and beneficial. Even if your child is still at primary school, you may want to start thinking about this for future – it's never too early!

We hope that this will provide more in depth useful guidance and advice for what can be a difficult subject for parents. There will be time for parent questions and an opportunity to ask Jenny individual questions at the end of the session. Tea & coffee will be provided.

**Booking is essential for this session.** If you want to come along please complete the booking form included in this mailing and return it to us. There is a £5:00 charge per person, payable with booking form.

**Please note this meeting is for parents/carers only – it is not intended for children.**

**For more details call Kathryn on: 01992 632072**

## **Branch Meeting, Sensory Integration with Lizanne du Plessis**

This term we have one evening branch meeting with a guest speaker. The meeting will be held on 23<sup>rd</sup> May at Cedar House. Lizanne du Plessis is a Paediatric Occupational Therapist with 16 years experience in the field of Sensory Integration. Lizanne will be discussing the signs and symptoms of Sensory Processing Disorder, something that many people with autism are affected by, and suggesting some coping strategies.

Sensory sensitivities are part of life for many of our children. Lizanne can offer some practical solutions to everyday difficulties. There will also be an opportunity for questions at the end of the talk. We hope that this will be a really helpful evening that will give provide lots of useful advice. As usual for our evening meetings, there is no charge for this session.

**For more details call Angela on: 020 8363 2484**

## Branch Library and Resource Centre

As many of you know, until recently we ran our library and resource centre at one of the Safestore Offices on the A10. However this was not as accessible as we would like. Cedar House have very kindly agreed to make space available for us and so this term we will be re-opening the Library and Resource Centre once a week for the loan of books, DVDs, information about local support services and other materials. You will also be able to enjoy a cup of tea or coffee and some friendly faces. Books etc. will continue to be available at branch meetings as well. Information on the opening times will be sent out in the next couple of weeks so watch this space! Recommendations and suggestions for new titles for our library are always welcome.

We are also looking for people to help staff the Library and Resource Centre. If you have a couple of hours that you could give once a month or so then please call Sophie on (020) 8886 3846. We are run entirely by volunteers and so if you would like to help out then we would love to hear from you!

## Florence Hayes Adventure Play!

Following the enormous success of the Florence Hayes adventure playground session, we are delighted to be able to offer nine new dates! We will be running these autism friendly sessions every 3rd Sunday starting on 8th May! Please come along, relax, have a coffee and make new friends.

The opening times are 10am-1pm. See flyer enclosed with this newsletter for more details.

**For more details about sessions please contact:  
Anna Leech on 020 8360 7384**

## Picnic in the Park

On **Sunday 17<sup>th</sup> July** we are planning a picnic in Grovelands Park, Southgate. Bring your own food and drink (there is a café too) and relax while the children

enjoy the play equipment. This is an opportunity for our children to get together and make new friends. There are two play areas, one in the woods with chunky wooden climbing frame and swing, and another one with more traditional equipment near the café. The park is suitable for wheelchair use or children with disabilities. It also has public toilets.

Do come along and meet us there at 2pm on Sunday 4<sup>th</sup> July, in the play area near the café. In case of rain, contact me – Kathryn, or Sophie (numbers at top of newsletter) on the day to confirm if it is going ahead.

**Children remain the responsibility of parent/carer throughout.**

## Update on Recent Branch Activities

### Our Children's Cards - On Sale Now!

Our children's card is still available to buy in packs. The beautiful simple team design is around a 'seasons'



theme and all their own work! The cards are in small packs of 6 for £3, so just 50p per card! The cards are blank so are great for any occasion, but the real benefit is they advertise

Enfield branch whenever you send them, as they have ENAS details on the reverse. **All proceeds to ENAS.**

## Activities in our area

### Dazu Tennis Coaching for Children 7+

Saturdays 10-11.30am, £4 per child per session. Open to all abilities, advanced booking required. Conway Tennis Club, Conway Rd, Palmers Green/Southgate borders. **For more details: 020 83732718**

## Calling All Train Enthusiasts!

If your child (or you) are keen on trains you may be interested to know about the following local events/groups:

### Hoddesdon Model & Railway Club

We went along to the opening event at the Hoddesdon Model & Railway Club on Sunday 1<sup>st</sup> May and our son thoroughly enjoyed it. They have working model railway layouts, indoor and out and also model boats. They are open on Sundays 10:00am-1pm, with meetings also on Wednesday evenings 7:00-10pm and Fridays 10:00am-1pm. You don't have to be a member to go along. Sundays are the best time for children. Their **Annual Show is on Sunday 28<sup>th</sup> August**, 10-5pm, with different layouts.

**Contact Bernard Clements on: 01992 468198, Broxbourne Meadows, Mill Lane, Broxbourne, Herts, EN10 7AX**

(Free parking. Toilets and café nearby).



*Also:*

### Garden Railway Open Day & BBQ

28<sup>th</sup> and 29<sup>th</sup> May 2011, from 1pm. This is a garden railway open event. Children welcome, large 100ft garden. **Contact Mark Carpenter on: 0208 441 2845 75 Green Rd, Southgate, London N14 4AP**

**NB: these groups and events are not run by ENAS and are not a supervised sessions; children must be accompanied by an adult at all times. For more details call Kathryn on: 01992 632072**

## Gateway Seekers Swimming Club

The swimming club continues at Albany Pool every two weeks on Sundays from 2pm - 4pm for a fun swim session, open to all people with learning disabilities, adults, children and members of their family. A fee of £1.00 per person is collected at poolside. Next date is **15<sup>th</sup> May** continuing alternate weeks.

**For more details contact: Anne & Roger Plowman on 020 8360 9453 or Joyce Baker on: 020 8443 0092**

## News from Friends and Supporters

### PAWS – Parents Autism Workshops

PAWS is a charity that has grown from 'Dogs for the Disabled' and develops the training of assistance dogs to work with children with autism. They are offering our members the opportunity of workshops from Monday 1<sup>st</sup> to 3<sup>rd</sup> August. **For more details contact: 01295 759836 or [PAWS@dogsforthedisabled.org](mailto:PAWS@dogsforthedisabled.org)**

### Home-Start Family Support Charity

Homestart is a registered charity which supports children under 5 in the Enfield borough. They support families in a practical and emotional capacity within the home and group setting in the children's centre.

For more details of how to access this service

**Contact: Lisa Pressland on: 020 8373 2716 or email: [admin@homestart-enfield.org.uk](mailto:admin@homestart-enfield.org.uk)**

**Home-Start Enfield, The Ark, Marsh House, 500 Montagu Rd, Edmonton, London N9 0UR**

## Representing Our Members

### Enfield Autism Steering Groups

One of our main aims as a local branch of the NAS is to represent the needs of people on the autistic spectrum and their parents and carers to policy makers in the Local Authority. As we let you know in the Spring Newsletter, the work of Education Steering

Group has been taken over by the new Early Intervention Thematic Group. Feeding into this group will be results of the Audit of Autism Provision in Enfield that the specialist EPs Claire Lokke and Sally Maidens carried out last year. We are now part of a working group reviewing their report and developing in action plan.

The Adult Autism Steering Group continues to meet, focusing on the needs of adults in Enfield on the autistic spectrum. Following on from the consultation events we helped facilitate, we are now working with the Local Authority and the local NHS to develop a training programme for their staff to raise the awareness of the autism and the needs of adults of the spectrum.

## **Celebrating Our Children's Achievements**

### **Congratulations James!**

James made the transition from primary to secondary school in September 2010. James has Aspergers syndrome, Epilepsy and a nut allergy, all of which affect him in different but significant ways. Despite this, James has shown amazing determination in



overcoming obstacles in order to succeed. The Martin Heraud Award was presented to James at a ceremony on 9th March 2011

by the Bush Hill Park Rotary Club. James received a cash prize and an invite to a special dinner! The award is in recognition of a student achieving great progress, not necessarily academic, over a school year. Awards may be made for things like overcoming a personal adversity, or someone who has learning difficulties and is making great efforts to improve. Only 2 students

from each of 4 secondary schools can be chosen each year. Martin Heraud was a member of the Bush Hill Park Rotary Club, until his death in 1984. He particularly wanted local charities and local needs to be given support by the Rotary Club.

Tracey, James' mum says: "We are so proud of James. It's a difficult transition for all children, but so much more for someone going into mainstream secondary school, who is on the Autistic Spectrum and without a statement, and we were extremely anxious for him. He has had some very difficult and challenging moments since starting at Lea Valley, but with the tremendous support from the staff there he has been able to compose himself, brush himself down and carry on. He is our shining star"!

James' school, Lea Valley Specialist Sports College said "James has overcome personal challenges to settle in very well at Lea Valley. He is in top sets and always works hard to achieve his best. He took an active role in his form's assembly and makes a positive contribution to school." He is also on the School Council.

I interviewed James to get his perspective on the award. When asked why he thought he had been given the award, he answered "for settling in well and being friendly." I asked him about how he felt about getting the award, "At first I wasn't that excited, but when it got closer to the time I got a bit excited and a bit nervous". He thought the ceremony was an "excellent evening". He went on to say, "It was really good. When we got there we had lemonade with ice in it. We had a fish and chip dinner and I even had the peas, which I don't normally have." James was also keen to see all the badges from other Rotary Clubs from all over the world.

**Well done James, from all at Enfield NAS. We are very proud of you!**

If you have any stories about your children, whatever age, that you would like to share, please speak to us, we would love to hear about them.

## **Fundraising Thanks**

### **Donations**

People continue to be very generous with their time and talents and money for our branch. Thanks this term go to:

**CAMHs and EPS Service** for their cheque of £250 for work Sophie did speaking at their in service training day. Sophie has donated this to ENAS branch. Thank you Sophie!

Many thanks from all at Enfield NAS.

## **Helpline Reminders**

**NAS Autism Help Line:** friendly, professional advice and open to anyone, not just NAS members. Tel (0845) 0704004 Mon to Fri 10am to 4pm.

**NAS Education Advice Line:** for advice on special educational needs provision and entitlements for families whose children have autism or Aspergers Syndrome and NAS Tribunal Support Scheme. Tel (0845) 0704002

**Parent to Parent Line:** Would it help to talk to someone who really understands what it is like living with autism? Freephone (0800) 9520520

## **NAS & Local Branch Membership**

We are a local branch of the NAS, the UK's leading charity for people with ASD. Members get the quarterly magazine - Communication - and a range of other benefits including: free subscription to Autism Update, a bi-monthly email bulletin of the latest articles and publications, discounted registration to Child Safe, 10% discount on all books in the NAS publications catalogue, 20% discount on NAS conferences and events, access to low cost personal liability insurance, discount to subscription to Autism Journal, a Parent Guide and Aspergers United – the only publication of

its kind produced by and for adults with Aspergers Syndrome. If you haven't yet officially joined, perhaps you might look into it? Find out more at the NAS Website: [www.nas.org.uk](http://www.nas.org.uk) (020) 7903 3563.

You are a member of the Enfield Branch of the NAS (ENAS) if you are on our mailing list. Membership of our local Branch is free to all individuals with ASD, parents, carers, and professionals. We encourage membership of the national organisation of NAS as this strengthens the NAS voice and provides income to the Branch. So, when you join or renew with the NAS please say that you are members of the Enfield Branch.