



www.sheffieldautisticsociety.org.uk

Sheffield Autistic Society

Charity number 1024174

Phil : philcooney99@yahoo.co.uk

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Sasoc Helpline 07923 473240

FEB NEWS 2018

Daytime Meetings: Come and join us whenever you can. We meet for a chat (cuppa and biscuits are free) at the Carers Centre, Concept House, 5 Young St, Sheffield S1 4LA on the third Wednesday of each month between 1230-230pm. Next meetings are Wednesday 21 March, Wednesday 18 April, Wednesday 16 May (our very informal AGM).

Asperger Adult Social Group: on the last Thursday of each month held usually in the Hallam University, Charles St Building, S1 2ND from 7-9pm – next meetings –Thursday 29 March (Speaker: Kathryn Littlewood will talk about employment issues), Thursday 26 April, Thursday 31 May, please contact Liz for more information

Exciting News: Sheffield Autistic Society (through Liz's hard work) has secured a year's funding to run **our own office at The Circle** 33 Rockingham Lane S1 4FW. Have a look at the timings of our Monday Drop-In Sessions, do pop in !

Other Items in the Newsletter:

- Sheffield Autistic Society Monday Drop-In 11am-2pm at The Circle
- Disability Hub Tues 27 March 2-4pm at Sheffield Town hall
- Sheffield Parent Carer Forum report on SEN provision
- Sheffield/Rotherham PDA Support Group meeting dates
- World Autism Awareness Week & Sasoc Bunny Hop 29th March 12-3pm
- Emotions in Music Research (Glasgow) / Life Skills Training Research (Kent)
- ACCT Behaviour Course Fri 2nd March 9.30am-2.30pm
- Autism Plus Building Better Opportunities Programme for over 25yos
- Sharing Caring Project Mental Capacity Act talk Fri 9 March
- Family Support Group Saturday Swim Sessions 10 March & 14 April
- SUSU Film Unit Screenings £3 per ticket / The Big Care Survey
- Sheffield Autistic Society Dates for your Diary 2018
- Sheffield Autistic Society Membership 2018 – send into Ian asap please

And finally – many thanks to the wonderful John & Michelle for the fab Xmas Party!

Exciting Announcement

Sheffield Autistic Society

Now offer

Drop-In Sessions

on

Mondays

from

11am – 2pm

at their new office

in

The Circle

33

Rockingham

Lane

Sheffield

S1 4FW

From 5 March 2018

Our drop in sessions are available for friendly support, advice and signposting. You can also borrow books from our library. No appointment needed just call in for a chat and find out more. If you do need a longer face-to-face session then please ring our helpline on 07923 473240 or email liz.sasoc@gmail.com to make an appointment.

Please check the website for updates
(No session on 2 and 23 April, 7 and 28 May)
sheffieldautisticsociety.org.uk

Disability Hub

Please save the date – **the next meeting of the Disability Hub will be on Tuesday 27 March 2018, 2pm to 4pm, Town Hall.** Refreshments and networking from 1.30pm. The Hub is open to anyone interested in disability issues. The agenda and papers will be sent closer to the date. Please let us know by **Friday 16 March** if you'll be attending and if you need any reasonable adjustments or support to attend (including travel expenses reimbursement if you're disabled).

Kind regards

Elections, Equalities and Involvement Team

Sheffield City Council Town Hall, Pinstone Street, Sheffield, S1 2HH

Email: equalitiesandinvolvement@sheffield.gov.uk

Website: www.sheffield.gov.uk/equalityhub

Twitter: @EqualityHubNwk

Tel: 0114 273 5861

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Dear Sheffield Autistic Society,

I contacted you in early January to ask you for your views about a document I had written which tried to summarise feedback from parents about SEN provision. Thank you to everyone who took the time to respond.

The Sheffield Parent Carer Forum report was submitted to the local authority in mid January, and they have today published a summary of the main themes that came out of this first call for views.

You can download it from our website:

<http://sheffieldparentcarerforum.org.uk/news/strategic-review-of-send-provision/>

This is an important piece of work, as it could lead to significant changes in local provision.

Eva Juusola Participation Co-ordinator

Sheffield Parent Carer Forum

St Mary's Community Centre

Bramall Lane

Sheffield

S2 4QZ

Telephone: 0300 321 4721

Website: www.sheffieldparentcarerforum.org.uk

Facebook: www.facebook.com/SheffieldParentCarerForum/

Twitter: <http://twitter.com/ShefParentForum>

SHEFFIELD/ROTHERHAM PDA SUPPORT GROUP

Sheffield – Daytime Meetings

All meetings for Sheffield run on a Thursday. Time: 11.30am-1.30pm

Dates: 22nd February

26th April

28th June

Venue: All Good Stuff

Academy of Makers

Butchers Works
72 Arundel Street
Sheffield S1 2NS

The venue is a small room at the back of a beautiful craft shop based in Sheffield City Centre; there is plenty of road side/car-park spaces.

Rotherham: Evening Meetings

All meetings for Rotherham run on a Wednesday. Time: 6.30pm-8.30pm

Dates: ** 27th March (please note: CHANGE OF DATE)

30th May

25th July

Venue: Three Horseshoes (upstairs room)

133 Bawtry Road

Wickersley

Rotherham

S66 2BW

Please note this venue takes place in the upstairs room of a room of a public house. There is plenty of parking in the pub car park or on the road.

General Information:

Meetings for both groups are informal. Groups are run by parents of children and young people with PDA. They offer support to parents/carers in a similar situation to help them find common ground, emotional and practical support. You can attend one or both groups.

Please note:

The support groups do not run during August or December. The email account is usually picked up approximately one week before the next meeting, therefore, apologies for any delay in responding to inquiries. You can find further information and support on PDA at www.pdasociety.org.uk who also have a advice service through telephone call back or email.

Contacts via email below: Tracy Rose and Brigitte Griffiths

Support Group Email pda.rotherhamsheffield@gmail.com

World Autism Awareness Week takes place on 26 March - 2 April 2018.

Pioneered by the National Autistic Society (NAS), World Autism Awareness Week aims to draw attention to the 700,000 people living with autism in the UK – both to educate those unaware of the condition, and to help make the world friendlier to those who are affected by it.

World Autism Awareness Day is an internationally recognised day on the **2nd of April every year**, encouraging Member States of the United Nations to take

measures to **raise awareness** about people with autism throughout the world. It was designated by the United Nations General Assembly resolution “62/139. World Autism Awareness Day”, passed in council on November 1, 2007, and adopted on December 18, 2007. Since its inception autism awareness and research around the world has increased as a result.

Sheffield Autistic Society and Autism Awareness Week

As members know Sheffield Autistic Society has always been all for not only raising public awareness of the many aspects of Autism but seek the acceptance of Autism so that Autistic people no longer need to learn to copy average Neurotypical behaviours unless they both can and want to. Acceptance is increasing in the general population and to encourage this we are handing out leaflets and chatting to people on our **2nd Easter Bunny hop during Autism Awareness Week**, we are happy to be different.

The Easter Bunny and his 2 Chirpy Chickens (we're a bit past being chicks !) will be visiting cafes, handing out info and generally having a giggle while chatting to folk about Autism on **Thursday 29th March between 12-3pm**. If you see us do wave or come and chat, we'll be visiting:-

- **@851** off Ecclesall Rd South (between Goodman Sparks Launderette and the Coop)
- **Seraphims** on Abbeydale Rd (near the Archer Rd junction)
- **Four Corners** on Abbeydale Rd (near the Mosque)
- **The Harland Café** on John St (near Bramall Lane)
- **Endcliffe Park Café**

And our thanks go to all these Autism-friendly, wonderful cafes for allowing us to chat to their customers about Autism to raise awareness and increase acceptance. If you miss us we will be posting some pics on the website following our café crawl.

There will be other activities taking place throughout Sheffield so please keep an eye on our website for updates www.sheffieldautisticsociety.org.uk

Emotions in Music for those on the Autistic Spectrum research at the University of Glasgow

To everyone at Sheffield Autistic Society :

My name is Jeremi Korhonen and I am running **research at the University of Glasgow** investigating the ways in which individuals on the autism spectrum perceive and engage with **emotions in music**.

We are seeking **adolescent and adult participants with autism spectrum diagnoses** who would be willing to spend a moment to complete an **online experiment** which involves listening to 32 short clips of instrumental music, and then rating each piece of music based on its emotional content. The experiment has ethical approval from the university ethics review committee,

takes about **30 minutes to complete**, and can be completed at any time in any quiet setting by simply clicking the link below.

We greatly appreciate your help in reaching potential participants.

Through the research we hope to further our understanding of the connection that individuals with autism often have with music, and help improve their lived experience by possibly encouraging engagement with music in their everyday lives.

Although all information and consent forms will be made available to participants online, I have attached them here in case you want to know more about the study.

Please don't hesitate to contact my supervisor, Chiara Horlin if you have any questions.

Thank you, and have a wonderful day!

Link to experiment: testable.org/t/13960de617

(The link works well with all computer internet browsers other than Safari)

Kind regards,

Jeremi Korhonen (2096288K@student.gla.ac.uk)

Dr Chiara Horlin (Chiara.horlin@glasgow.ac.uk)

Medway School of Pharmacy, University of Kent Research

Seeking the views and experiences of parents/carers in relation to **life skills training** that is available to young people with Autism Spectrum Disorders (ASDs)

Dear Sheffield Autistic Society members,

My name is Sofia Chantziara and I am a PhD student (Supervisors: Dr Alison Bratt, Professor Janet Krska, Professor Peter McGill) in Medway School of Pharmacy, University of Kent. I am writing to you because I want to invite you to take part in my study.

Why is this study being done?

The aim of this study is to investigate the views and experiences of parents/carers in relation to life skills training that is available to young people with Autism Spectrum Disorders (ASDs). We propose to do this through the use of an anonymous questionnaire. The questionnaire will include questions about the challenges that young people with ASDs face as they transition to adulthood; the life skills training that is available to them; and also recommendations for improvements in the current provisions.

What will happen if you decide to take part?

If you decide to take part I will ask you to share with your members ask them to contact me on sc714@kent.ac.uk . They will be asked to complete an online questionnaire.

Who is organizing the research?

Medway School of Pharmacy is organizing and funding the research.

Who has reviewed the study?

The Medway School of Pharmacy Ethics Committee has reviewed and approved the study.

If this is something that will interest you please contact me on sc714@kent.ac.uk and I would answer any questions you may have. I have also sent a Word version of the questionnaire that can be printed out for your members* if needed,

Yours Sincerely,

Sofia Chantziara

sc714@kent.ac.uk

*Please contact Phil on philcooney99@yahoo.co.uk or Liz on liz.sasoc@gmail.com if you need a printed out version and we will post you one.



Dear Sheffield Autistic Society members,

We are excited to be able to offer another a Behaviour Management Training Course for Parents/Carers. The training will be delivered by Positive Behaviour Strategies Ltd, who deliver Behaviour Management training to staff who work at both Activate or at our Teenage Club.

The training is taking place on:

Friday 2nd March, 9.30am-2.30pm at St Mary's Community Centre.

The training includes verbal and non-verbal communication, recognising the warning signs, understanding aggression, identifying key triggers that cause conflict for the child, de-escalation techniques, behaviours that challenge, individualised behaviour plans including steps towards developing skills to allow the child to control their own behaviour,

To reserve your place on this course please contact Nicola about becoming a member of ACCT and getting a place by emailing - nicola.hough@acctsheffield.org.uk or text 07527 824034. Places are limited and booking is essential

Kind Regards

Nicola

Administration

Asperger's Children & Carers Together

St Mary's Community Centre
Bramall Lane
0114 2230242

Building Better Opportunities – Autism Plus

Dear Sheffield Autistic Society members,

My name is Kathryn Taylor and I am setting up a new support group for adults on the Autistic Spectrum including Asperger's Syndrome in Sheffield.

The programme is called Building Better Opportunities and is open to individuals with Autism aged 25 years or over.

The aim of the programme is to help individuals move into paid employment, education or training. The programme lasts for a maximum of 9 months during which time I will work with individuals to move them closer towards securing paid employment.

This is our new programme – **Building Better Opportunities**. Autism Plus are one of the partners on this new initiative. I've included a little information about the project and more specific information on my role as Work and Enterprise Coach and the type of support I can offer.

Alongside partners from across the Sheffield City Region (SCR) we've been given £2.7 million of funding from the Big Lottery Fund and the European Social Fund to support adults from across the region to find employment through our Building Better Opportunities – Sheffield City Region (SCR) programme.

The Building Better Opportunities SCR will work alongside people with Autistic Spectrum Conditions, mental health conditions, learning disabilities and other complex needs.

Support on offer

Working alongside **major employers** in the region, the programme will see **trained therapists** and **employment specialists** provide expert advice and support to those who are furthest away from employment.

Anyone who receives support from the programme can **access a range of courses** that are designed to boost their confidence and job skills. All of these sessions will be run alongside people who have experienced being unemployed themselves.

Participants can also access a range of **other services**, such as digital inclusion sessions and physical activity. Customers will also be able to **claim travel expenses and childcare costs, as well access to benefits and debt advice.**

Kathryn Taylor's role as Work and Enterprise Coach at Autism Plus

As part of the **Building Better Opportunities Programme**, Kathryn will:

- Develop relationships with employers based on the work preferences of our Building Better Opportunities (BBO) customers
- Move BBO customers into competitive, paid jobs
- Give information and advice about employment opportunities and take the lead role in supporting Building Better Opportunities (BBO) customers to take these up
- Deliver a person-centred employment model for individuals with Autistic Spectrum Conditions
- Provide up to 13 weeks of intensive skills coaching to sustain a BBO customer's progression into work.
- Support BBO customers to identify how their strengths and attributes can help them to achieve their employment goals.
- Build a detailed vocational profile and undertake rapid job search within 20 days of a customer starting the Building Better Opportunities programme.
- Mentor BBO customers in important work skills

Kathryn Taylor will undertake initial assessments with BBO customers before they are accepted onto the programme.

I hope this information is useful and gives you an idea of the work that can be done within the Building Better Opportunities Programme.

If you have any other questions please don't hesitate to make contact,

Kind regards,

Kathryn Taylor

BBO Work and Enterprise Coach Autism Plus

Kathryn.Taylor@autismplus.co.uk

Sharing Caring Project at Sheffield Mencap and Gateway

This is just a quick reminder about upcoming events organised by **Sharing Caring Project at Sheffield Mencap and Gateway**. If you would like to attend please book by calling Sharing Caring Project on 0114 2758879.

Mental Capacity Act with Tim Whaley

Friday March 9th 10.30am - 12.30pm at Sheffield Town Hall

Book via the Sharing Caring Project or through Inclusion North on 0113 2444792

Community Café

The 1st Thursday of the month (except school holidays)

Our community cafe at Sheffield Mencap is open from 12.15pm to 2pm for all Carers. This wonderful café offers 2 courses and a cuppa for £3.00.

For anything else you would like to ask, find out about or just to talk please feel free to contact myself Kirsty or Cathy at the sharing caring project, thanks,

Kirsty Worstenholm

0114 2758879

SHEFFIELD FAMILY SUPPORT GROUP (FSG)

ACTIVE4LIFE

fsgswimming@outlook.com

The Sheffield Family Support Group (FSG) has been running for many years, I remember accessing their swim sessions when my daughter was small. They are a totally inclusive group and centre around providing family activities. The FSG offer Taekwondo (free and for the whole family) as well as Swimming Sessions but are in the middle of applying for grant funding for the Taekwondo, so we wait for news on that one.

Swimming on Saturdays - 10th March and 14th April.

Sessions take place at Hillsborough Leisure Centre at 5.30-6.30pm at a cost of £1 per child. Adults swim free and there must be an adult in the water unless your child/children can swim independently. For anyone who wishes to stay after the swim, there is party food for the children to enjoy together. These sessions are open to the whole family. Contact fsgswimming@outlook.com

Film Unit

A cinema in Sheffield University that is open to the public

We are a professional quality independent cinema located deep within the University of Sheffield Union of Students. We have Autism-friendly screenings that are open to the public

Thu 1st Mar - Rain Man (19.30)

17th March - Star Wars: The Last Jedi (15.30)

21st April - Black Panther (15.30)

12th May - Monsters Inc (15.30)

We are a volunteer-run independent cinema located in the University of Sheffield's Students' Union, and we show films every weekend (and occasionally mid-week) during university term time.

Following on from last year's one-off autism-friendly screening, we have made it a regular occurrence in the programme this year, the next one being this Sunday, and we would love to

have you join us! During an autism-friendly screening, we aim to minimise sensory overload, therefore the volume of the film is reduced, house lights are dimmed instead of completely switch off, the number of audience is capped and safe spaces are set up. For more information please visit :-

<http://www.filmunit.org.uk/specialscreenings.html#autism>

Tickets are only £3 or adults and £1.50 for children aged 12 or below, so it would be a great option for the family days out which you organise.

We hope to see you and your clients in our screenings in the future!

Best wishes,

Christine

The Big Care Survey by the Care & Support Alliance

The Government announced last year that it will be looking at social care reform in 2018. As part of the process, they want to hear from care users and carers so that they get a picture of what the system is like today and what the people it impacts want to see changed.

We want to hear from as many people who have experience with adult social care in England to be able to tell them what it looks like now and what needs to change, so we've launched a [survey](http://careandsupportalliance.com/). : <http://careandsupportalliance.com/>

We want to hear from you if you need social care or are a carer who cares for someone who needs social care. As a carer, you may also need support yourself, and we want you to respond from your perspective too. We want to get as many voices of those impacted by the crisis in social care today, so please take the time to do our [survey](#) – it takes about 15 minutes and you can remain anonymous if you'd like to.

What's the survey for?

The Government has promised to change the adult social care system in England to make it fit for the future. We want the Government to hear the experiences of people and their families who have needed adult care and support. Please take 15 minutes to complete our short survey to tell us about your experience.

What is social care?

Social care is help, care and support for people with a wide variety of needs due to disability, illness, caring responsibilities or other life situations.

It can include:

- Help with everyday tasks: washing, dressing and eating
- Care at home; living in a care home, or living in sheltered accommodation
- Home adaptations; support for people of working age to get into or stay in employment
- Support for unpaid carers or family members

How will your answers be used?

The [Care & Support Alliance](#) will use these results as part of our campaigning work. We represent over 80 of Britain's leading charities campaigning for a properly funded care system alongside the millions of older people, disabled people and their carers who deserve decent care and support.

Responses will not be used in a way that identifies any individual or family publicly. Data given will be held securely and deleted when no longer needed. But if you would like to share your story more widely, there is an opportunity at the end to give us your contact details.



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Sheffield Autistic Society

Charity number 1024174

Phil : philcooney99@yahoo.co.uk Liz : liz.sasoc@gmail.com Graham :
graham.sasoc@gmail.com
Sasoc Helpline 07923 473240

Dates for your Diary 2018

Daytime Meetings : We meet for a cuppa and a chat at the Carers Centre, Concept House, 5 Young St, Sheffield S1 4LA. It is an informal lunchtime meeting so if you want to bring along a sandwich to eat please do, we supply free cups of tea or coffee and biscuits. 3rd Wednesday of each month 12.30 - 2.30pm.

Wednesday 21 March

Wednesday 18 April

Wednesday 16 May - **AGM**

Wednesday 20 June

Wednesday 18 July

No August meeting due to the Playscheme and the coach trip

Wednesday 19 September

Wednesday 17 October

Wednesday 21 November

No December meeting due to the Christmas Party

Adult Asperger Social Group meetings are held at the Hallam Uni Charles St building between 7 and 9pm on the last Thursday of each month, contact Liz.

AGM 2018This year the AGM will be held on **Wed 16 May at 1230pm** as part of the daytime meeting at the Carers Centre **AGM VOTE** : if you can't get to the AGM please tick one of the Committee Members to use your vote for you (by Proxy) : Phil Cooney.....; Liz Friend.....; Ian Spencer.....; Graham Nield.....; Sue Witham.....; Rachel Crowther.....; Many thanks.