



# CANadda Newsletter



January 2011

Issue 17

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## Chairperson

**Mrs Debbie Marshall**

Happy new year to you all. CANadda is looking forward to having an exciting year, a variety of different things are planned, which will be a lot of hard work but it will all be worth it.



Dramatherapy starts this month at CANadda's support meetings. This is for adults with children that are on the spectrum and for adults that are on the spectrum themselves with or without children.

Also, I was involved last year with the ASD Development Group at Lincolnshire County Council. Last year was more about gathering information together about what is already happening in Lincolnshire. I am looking forward to continuing this work with the Group through 2011 and I feel very proud to be involved as it's nice to know I am a part of something good that eventually will help improve services for adults in Lincolnshire.

If you have any spare time and you feel you have something you can bring to CANadda and would like to help please contact me. We are always looking for help no matter how much you can offer.

We are holding a raffle to raise funds at our January support meeting, the tickets are £1 each but everyone will win a prize. Please note we have a new start and finish time at our support meetings, 7pm to 9pm.

## Support Meeting Dates

- 17<sup>th</sup> January 2011 – Service offered from Strut – Eugenia Pryor or socialising / playing games.
- 21<sup>st</sup> February 2011 – Socialising or playing games.
- 21<sup>st</sup> March 2011 – Understanding Anger - Lisa Garthwaite.
- 18<sup>th</sup> April 2011—NO MEETING.

## Dramatherapy

- 17<sup>th</sup> January 2011—Liz Merrick
- 21<sup>st</sup> March 2011—Liz Merrick
- 16<sup>th</sup> May 2011—Liz Merrick
- 20<sup>th</sup> June 2011—Liz Merrick
- 18<sup>th</sup> July 2011— Liz Merrick

Washingborough Methodist Church  
Lincoln Rd, Washingborough, LN4 1AT

**7pm – 9pm**

Refreshments available at a small charge.

## Transition Conference

Tuesday 24<sup>th</sup> February  
2011

St Francis School

Wickenby Crescent

Lincoln

9:30am—2:30pm

## Did you know?

Part of our service we offer to our members is we can help you fill in forms, help with writing your letters and CV's or any correspondence that you have difficulty with.

This service is offered at our monthly support meetings, to guarantee we will be free to help you, please make a prior arrangement.



## Social Events For Your Diary

March 2011—Bowling, time and date to be arranged.

## FUNDRAISING

It is easy to help CANadda fundraise, please click on the below link to help.

<http://canadda.org.uk/fundraising.php>

## A Special Thank You To

David Harris for his kind donation.

# ADD/ADHD

## My Day

I am in my room and another day done. He has fallen asleep and I hope he doesn't have another one. One of those dreams that makes him stir in the night, one that wakes him again. He is full of anxiety and fright.

Someone is going to steal me he says, or is going to get me in the night. We work really hard to make him feel right. Tuck him in bed, his bears are all there, the relaxation tape is on and he is still really scared.

Running around, yelling and screaming, he doesn't get his way, so good night for the evening. Why does it have to be this way? He is hyper and doesn't know just what to do, his brain won't calm down like we want it to do.

Likes to fight and scream, just one more show, I don't like to go to bed, it is scary you know. They are all having fun, he wants to play too, and he doesn't know when to stop when they want him to.

It takes him longer, he cannot stop right away, and he thinks it's not fair when he still wants to play. They think he's annoying, inappropriate too, but I watch and he sees, they do it too.

He's weird, not normal, what did he say, he's rude, mean and nasty, and will fight any day. He is impulsive you know and hyperactive as well, cannot control his actions at the ring of a bell.

He gets kicked out of class and suspended as well, the play ground is hard, and all the kids tell. I see your reaction when he is not acting right. He is my right hand man and we are really tight.

He is hard to control, always a fight, but when he is in my arms everything is right. He loves us so much, just wants to fit in, and really wants to control the demons within.

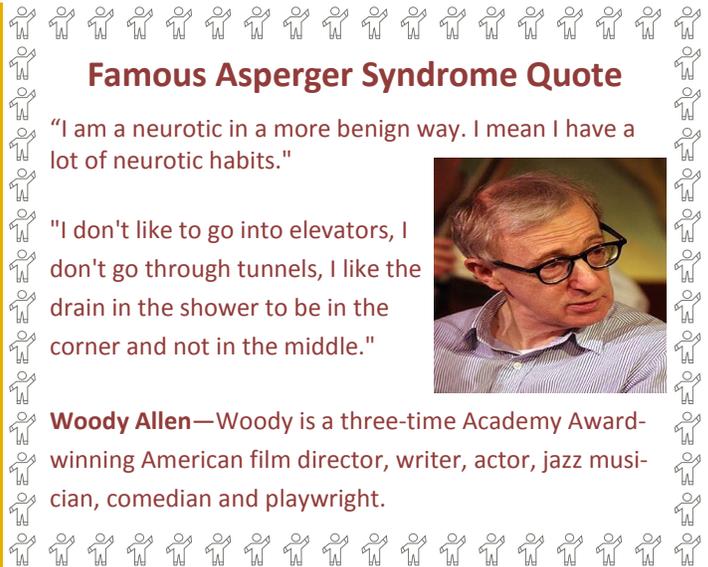
He tells me all the time he doesn't want to exist, we cry and I hold him, he doesn't want to be like this. He is funny, creative, unique, and quite the show; he acts and sings to Camp Rock, the show.

Enjoys swimming, biking, and rollerblades too, jumps on his trampoline as normal kids do. He has personality galore, not a shy kid, very loving and happy, and smart as a whip.

When you see this boy not acting quite right, it is not because he doesn't want to he just has to fight. Fight the disorder, the thing in his brain, something we can't control but we work hard all the same.

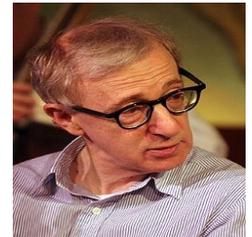
By Cheryl Flamand

Creative ADDers



## Famous Asperger Syndrome Quote

"I am a neurotic in a more benign way. I mean I have a lot of neurotic habits."



"I don't like to go into elevators, I don't go through tunnels, I like the drain in the shower to be in the corner and not in the middle."

**Woody Allen**—Woody is a three-time Academy Award-winning American film director, writer, actor, jazz musician, comedian and playwright.

## BAD WEATHER

*Due to the bad weather please always check your emails before leaving to one of our support meetings in case we have to cancel.*



## Lincoln 10K Sunday 3rd April 2011

I Debbie Marshall am running the Lincoln 10K again. I am raising money for CANadda and the Washingborough Methodist Church so I am looking for sponsors



## Dyspraxia Awareness Film

<http://link.brightcove.com/services/player/bcpid29605477001?bctid=58549052001>

## Dyslexia

Kara Tointon: Don't Call Me Stupid

<http://www.bbc.co.uk/programmes/b00vy8c7>

## CANadda Support Meeting

17th January 2011

Service offered by Strut and Dramatherapy



Very exciting news Liz Merrick is starting Dramatherapy in January and Eugenia Pryor will be coming from Strut to talk about the services Strut offers. If you prefer you are welcome to come and join us for a game or just the social chat. Everyone is welcome.

This is not counselling or any form of therapy.

## 8<sup>th</sup> Lincolnshire Autism Conference

The Embassy Theatre, Skegness

24<sup>th</sup> March 2011

Conference presented by Lincolnshire Autistic Society and Lincolnshire Learning Support Services.