



CANadda Newsletter



March 2011

Issue 19

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Chairperson

Mrs Debbie Marshall

Our meeting on the 21st of February went well, it was good to see some new and old faces turn up. We sat around playing games and talking. I played a communication game with the members, there were some interesting results with the adults that had ASD compared to the adults that didn't.

I made another appearance on Lincoln City Radio 103.6 FM on the 1st February. I was a bit more relaxed this time and enjoyed it more which is just as well because I will be back on the Radio again on the 15th of March at 10:20am.

It is always worth checking out CANadda's web site and blog for regular and up to date information. Why not sign up on Twitter and receive up to date information <http://twitter.com/LincolnCANadda>. CANadda reached the Autism Daily News <http://twitter.com/AutismDailyNews>, they had picked up one of our stories on twitter, which was a bit exciting.

CANadda will be holding some table tops over the year raising money for CANadda and Strut in the Community, more details as per below.

Bowling has been booked again for Wednesday the 16th March at 11am, we have only got a few spaces left, if you haven't already booked then please let me know A.S.A.P. Perhaps you would like to come and meet other people or maybe you would like to come along and have a go at trying to beat me at bowling.



TABLE TOP SALE

Washingborough Methodist Church

SATURDAY 10am—12pm Entrance FREE

26th March

21st May

23rd July

24th September

26th November



FUZZBUZZ

They are Teacher's Resource Books, word learning, phonics and reading.

The reading programme for special needs, step by step teacher support and colour resource chart.

To find out more and prices check out Amazon.

Support Meeting Date

21st March 2011 – Understanding Anger - Lisa Garthwaite.

18th April 2011—NO MEETING.

16th May 2011—Games and Social Chat.

Dramatherapy

21st March 2011—Liz Merrick

16th May 2011—Liz Merrick

20th June 2011—Liz Merrick

18th July 2011—Liz Merrick

Washingborough Methodist Church

Lincoln Rd, Washingborough, LN4 1AT

7pm – 9pm

Refreshments available at a small charge.

Social Events For Your Diary

16th March 2011—Bowling, Washingborough

11am—£2.30 per person.



Housing Benefit

Find out how you may be affected by the cuts

<http://www.moneysavingexpert.com/family/>

A Special Thank You To

David Harris for his kind donation.

Autism Spectrum Disorder

Dr Luisa Dillner's guide to Autistic Spectrum disorders

<http://www.guardian.co.uk/lifeandstyle/2011/feb/08/luisa-dillner-guide-autistic-spectrum-disorders>

Dyslexia

On Saturday the 12th of March Dyslexia Action in Lincoln will be doing FREE indicator test for Adults and Children.

If you are interest please ring Dyslexia Action on 01522 539267. Please note this isn't a diagnosis for dyslexia.

Dyspraxia

Driving With Dyspraxia

<http://www.telegraph.co.uk/motoring/road-safety/8252720/Driving-with-dyspraxia.html>

ADD/ADHD

Adults who have ADHD may have a higher risk of developing dementia.

<http://www.drcutler.com/news/adults-who-have-adhd-may-have-higher-risk-of-developing-dementia-800390623/>

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.



FUNDRAISING

If you purchase items / goods on line then why not go through the easy fundraising route. Every time you buy something on line through easy fundraising CANadda gets commission.

There are lots of different companies you can buy from including ebay and amazon. I got my car insurance through easy fundraising and saved £100 on my renewal premium and raised funds at the same time.

It is easy to help CANadda fundraise, please click on the below link to help. <http://canadda.org.uk/fundraising.php>

CANadda Support Meeting

21st March 2011

Understanding Anger and Dramatherapy

Come along and listen to Lisa talk about understanding anger or maybe you would like to come and join in the Dramatherapy instead.



Everyone is welcome.

This is not counselling or any form of therapy.



Famous ADD and OCD Quote

Justin Timberlake has not only brought Sexy Back, he has also revealed that he has both ADD and OCD (obsessive compulsive disorder). In an interview with Collider.com the 27-year-old singer/actor is quoted as saying, "I have OCD mixed with ADD, you try living with that."



Guide To Mental Health and Debt

<http://images.moneysavingexpert.com/images/attachment/mentalhealthguide.pdf>

8th Lincolnshire Autism Conference

The Embassy Theatre, Skegness

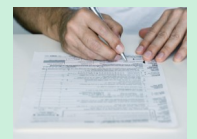
24th March 2011

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

Email anne.tait@lincolnshire.gov.uk

Did you know?

Part of the service we offer to our members is that 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.