



CANadda Newsletter



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Issue 20

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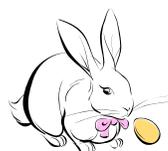
Thank you to Liz and Lisa who came to the support meeting on the 21st of March. Lisa did a talk on understanding anger and Liz did her dramatherapy, which I really enjoyed and was a lot of fun.



Congratulations to Claire Baldwin who won the bowling on the 16th of March. Claire beat me by one point, I had a come back at the last minute, seeing I was behind everyone else most of the time. The ending was very exciting and even other people we didn't know watched on. We all had a good day.

Don't forget I am running the 10K on Sunday the 3rd raising money for CANadda and the Washingborough Methodist Church. If you would like to sponsor me you can send a cheque payable to CANadda to the WMC for full details please see below.

I did well on Saturday the the 26th of March with the table top sale raising money for CANadda and Strut.



Easter is approaching fast now and all that lovely chocolate to look forward too. There is NO support meeting on the 18th of April 2011. We are back on the 16th of May, CANadda wishes you a lovely Easter and lets hope we all have wonderful weather over the Easter holidays.

Support Meeting Date

18th April 2011—NO MEETING.

16th May 2011—Games and Social Chat.

June 2011—Games and Social Chat.

Dramatherapy

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

20th May 2011 — FREE Coffee morning and Stephen Phillips MP, 10am at the Washingborough Methodist Church.

FREE SEN RESOURCES

You can download FREE SEN Resources for your child at www.senteacher.org

TABLE TOP SALE

Washingborough Methodist Church

SATURDAY

21st May

10am—12pm

Entrance FREE



FREE COFFEE MORNING

with MR STEPHEN PHILLIPS MP

Come to our coffee morning on Friday the 20th May at 10am to 12pm. You will also have a chance to meet Mr Stephen Phillips MP and ask him questions about the benefit reform.

Venue: Methodist Church, Lincoln Rd, Washingborough, LN4 1AT.

Fight the cuts to disability benefits

The Hardest Hit
Our rights, our independence, our lives

The Hardest Hit website is now up and running at <http://www.hardesthit.org.uk/> - giving details of the cuts; some stories from disabled people and their families; and three key actions for individuals:

HELP REQUIRED

Sign the petition and save the post of Specialist Teacher for Gifted and Talented Outreach

This is in support of Lincolnshire

www.gopetition.com/petition/44049.html

Autism Spectrum Disorder

Autism Awareness Day: Saturday April 2nd

It is Autism Awareness Day this Saturday the 2nd of April and the theme is 'what autism means to me'. If you have something you would like to say send it to Phil canadda@culmer.org.uk and he will put it onto CANadda's blog so when journalists look about on World Autism Awareness Day, they we see thousands of autistic people telling them what autism means to them, personally. Please note you can remain anonymous if you wish.

Dyslexia

BBC Health—What is Dyslexia?

http://www.bbc.co.uk/health/physical_health/conditions/dyslexia2.shtml

Dyspraxia

Parliamentary Report—Services for young people

<http://www.publications.parliament.uk/pa/cm201011/cmselect/cmeduc/writev/744/syp46.htm>

ADD/ADHD

Article about ADHD and kid's diet:

<http://www.abc.net.au/health/thepulse/stories/2011/03/24/3172366.htm>

Parenting an ADHD child age by age:

<http://www.aolhealth.com/2011/03/23/parenting-an-adhd-child-age-by-age/>

Ritalin prescribed to children as young as 4:

<http://blogs.babble.com/strollerderby/2011/03/22/ritalin-for-kids-as-young-as-four-causes-stir-in-uk/>

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 I will be running this Sunday (Mothering Sunday), If you would like to sponsor me please send cheques payable to CANadda to the Washingborough Methodist Church, Lincoln Road, Washingborough, Lincoln, LN4 1AT.

CANadda Support Meeting

NO SUPPORT MEETING FOR APRIL 2011



Famous OCD Quote

"I've got this obsessive compulsive disorder where I have to have everything in a straight line or everything has to be in pairs.

"I'll go into a hotel room. Before I can relax I have to move all the leaflets and books and put them in a drawer. Everything has to be perfect.

"I'll put Pepsi cans in the fridge and if there's one too many, then I'll put it in another cupboard somewhere." I would like to (stop). I've tried and Can't stop."

David Beckham soccer hero



Young People Emotional Wellbeing Event

20th April 2011 11am—3pm

Drill Hall Lincoln LN2 1EY

Come and join us we'll have a host of fun workshops, interactive stalls, freebies and refreshments. More information please telephone: 01522 706580

I am looking at whether social anxiety and phobia is higher in those with an Autistic Spectrum Disorder or in those who haven't. If you would like to take part the web link is <http://www.surveymonkey.com/s/2Z5K8SD> and the password is ASD.

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.