



# CANadda Newsletter



May 2012

Issue 33

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## Chairperson

*Mrs Debbie Marshall*

I am sorry for the delay with the newsletter, I have just come out of hospital after spending two weeks in there. I have had to have an emergency OP and I am well on my way to recovery. I am really pleased it is over with and hopefully no more hospital.

I hope everything will be back to normal soon and I am looking forward to planning some social events in the very near future. If you have any ideas for social events please let me know.

I hope you all had a lovely Easter, the weather has been awful. I hope we get some good weather soon, I need some sun. Have we still got a hose pipe ban!



Our support meeting on the 21st May is still going ahead I will be well enough. Peter Ludlow a Psychologist from Spectrum coming to do a talk on 'Making the Spectrum Visible'. There is no need to book as there will be plenty of room.

I am expecting more than normal to turn up so if you are coming and you don't mind helping out in the kitchen for 10mins that would be very helpful.



**Mark Has Schizophrenia**

<http://www.youtube.com/watch?v=4hZsTlr6iDM>

## Congratulations

Russ Kilburn-Young ran the Lincoln 10K raising money for CANadda he did it in a time of 47:42. Don't know what the final total money is yet!

If you would like to sponsor Russ on the 17<sup>th</sup> June 2012, he is doing a half marathon and 18 mile cycle bi-athalon over the Cairngorms.

**Spectrum**  
**Peter Ludlow**  
**Consultant Clinical**  
**Psychologist**

[http://  
www.spectrum-  
psychology.co.uk/](http://www.spectrum-psychology.co.uk/)

## CANadda



Support Meeting

21st May 2012



'Making the Spectrum Visible'

Peter Ludlow—Psychologist

Refreshments available at a small charge.

This is not counselling or any form of therapy.

## Support Meeting Dates 2012

**21st May (7pm)** Peter Ludlow 'Making the Spectrum Visible' Psychologist

**18th June (7pm)** Games / Social.

**16th July (7pm)** Games / Social.

**August**—No Meeting.

**17th September (7pm)** ADHD

**15th October (10:30am)** Games / Social.

**19th November (7pm)** Year End Get Together.

**December** -No Meeting.

Lincoln Rd, Washingborough, LN4 1AT

Refreshments available at a small charge.

## Bipolar Disorder

Manic depression; Bipolar affective disorder

[http://www.ncbi.nlm.nih.gov/  
pubmedhealth/PMH0001924/](http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001924/)

SOCIAL EVENTS

Coming Soon

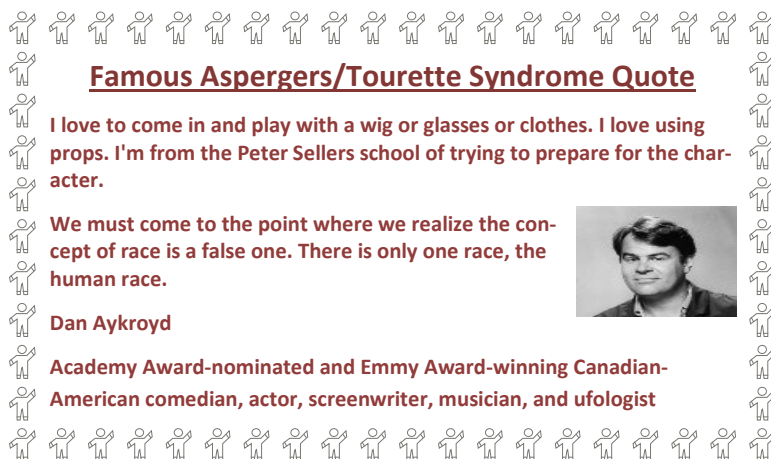
# Autism Spectrum Disorder

Psychology Today

<http://www.psychologytoday.com/blog/spectrum-solutions/201012/here-are-10-great-autism-spectrum-quotes>

The World Needs People With Asperger's Syndrome

<http://www.dana.org/news/cerebrum/detail.aspx?id=2312>



## Famous Aspergers/Tourette Syndrome Quote

I love to come in and play with a wig or glasses or clothes. I love using props. I'm from the Peter Sellers school of trying to prepare for the character.

We must come to the point where we realize the concept of race is a false one. There is only one race, the human race.



Dan Aykroyd

Academy Award-nominated and Emmy Award-winning Canadian-American comedian, actor, screenwriter, musician, and ufologist

# Dyslexia / Dyscalculia

Dyslexia An Unwrapped Gift part 2

<http://www.youtube.com/watch?v=dUNj2EJ1I0>

Easy Read

<http://www.easyreadsystem.com/index/62.php>

Discovering Dyscalculia

<http://www.youtube.com/watch?v=LjGwcSgc-GU>

# Dyspraxia / Dysgraphia

Dyspraxia is a pain

[http://www.youtube.com/watch?v=MNbPf2Z\\_ITY](http://www.youtube.com/watch?v=MNbPf2Z_ITY)

Dysgraphia / Diszgráfia

<http://www.youtube.com/watch?v=8hBuXadYURI>

## Review of School Admissions and Exclusions in Lincolnshire

A group of nine members, consisting of County Councillors and Church Representatives, are carrying out a review into school admissions and exclusions in Lincolnshire. As part of this review the members are looking at how the Council can best champion the needs of vulnerable children especially those with special educational needs and disability needs to ensure that they can access their preferred school, and how the Council can best support parents and carers with children with special educational needs and disability needs to attend the school which would best meet their identified special educational needs in relation to their age, ability and aptitude.

The members would like to speak to parents and carers with children with special educational needs and disability needs to find out how the Council can best support them and their child to access their preferred school and which best meets the child's needs. We are also interested in hearing about

- your experiences (good and bad) in accessing schools, any problems you may have encountered, and what support you received from Lincolnshire County Council.
- your experiences if your child has been excluded from school and what support you received from the school and Lincolnshire County Council.
- the experiences of your child(ren) if they are willing to speak or write to us about them.
- whether a school has tried to encourage you to look for another school for your child, such as for a fresh start, to avoid a permanent exclusion or because the school did not feel that it was not appropriate for your child.

You can take part in this review in a number of ways:

- Write to Tracy Johnson at The Scrutiny Team, Lincolnshire County Council, Room 15, County Offices, Newland, Lincoln, LN1 1YL with detailed information about your experiences.
- Email Tracy Johnson at [tracy.johnson@lincolnshire.gov.uk](mailto:tracy.johnson@lincolnshire.gov.uk) with detailed information about your experiences.
- Speak to the members at a focus group with other parents and carers, to be held on Friday 22 June. If you would like to take part in the focus group, then please contact Tracy Johnson by email at [tracy.johnson@lincolnshire.gov.uk](mailto:tracy.johnson@lincolnshire.gov.uk) to register your interest.
- Speak to a couple of the members separately to discuss your experiences. If you would like to speak to some of the members, then please contact Tracy Johnson by email at [tracy.johnson@lincolnshire.gov.uk](mailto:tracy.johnson@lincolnshire.gov.uk) to arrange a meeting.

# ADD/ADHD

ADHD is not just for kids anymore

<http://health.msn.com/health-topics/adhd/adhd-not-just-for-kids-anymore-1>

In blur of ADHD, sleep troubles may be a culprit

<http://www.dailycomet.com/article/20120416/WIRE/120419682/1008?Title=In-blur-of-ADHD-sleep-troubles-may-be-a-culprit>

Do ADHD Symptoms Diminish in Adolescence?

<http://www.goodtherapy.org/blog/adhd-symptoms-adolescence-defiance-0410123/>

## Reasonable Adjustments

The NHS Confederation have recently commissioned NDTi to look at the reasonable adjustments that mental health services are making to respond positively to people with learning disabilities, and to people with autism. I'd like to hear about your experience.

Have your local mental health services made any adjustments? Did they help?

Please get in touch. You can read more about our work on this at <http://www.ndti.org.uk/major-projects/reasonably-adjusted/>