



# CANadda



Lincolnshire Learning Disability Coalition



# Newsletter

February 2013

Issue 42

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## Chairperson - Mrs Debbie Marshall

First of all I have some fab news for you, CANadda now has three Nintendo 3DS XL with Mario Kart & games for the group which will be a nice addition to the board games we have already. You will be able to use the console on an individual basis or you will be able to hook up with someone else if you want to compete against them.

There is no support meeting in February but we are meeting up for a game or two of bowling, please don't forget to let me know if you are coming to our next bowling event so I can book your place or you may like to join us for dinner instead.

You are probably not aware that I have been a part of the Lincolnshire Autism Partnership Board for the last three years. There is an Autism Strategy Consultation, please take part and fill in the form as best as possible to have your say about future services.

This Consultation is open to anyone that has an interest in Autism as well as parents / carers and adults with the condition. If you want to find out more there is a meeting you can attend on Thursday 14th February, thank you for your support!

My snowdrops are flowering at last. Snowdrops are one of my favourite flowers, so delicate and pretty.



### Research

Volunteers Needed for ADHD Study and Dyslexia in the Workplace Research <http://www.bdadyslexia.org.uk/news/research.html>

**paws** | parents autism workshops & support

Location: University of Lincoln, Riseholme Park. LN2 2LG

Workshop 1: Thursday 16th May 2013 (10am - 3.00pm)

Workshop 2: Thursday 13th June 2013 (10am - 3.00pm)

Workshop 3: Thursday 18th July 2013 (10am - 3.00pm)

Our website is <http://paws.dogsforthe-disabled.org/>

Katie Bristow-Wade—PAWS Project – Team Leader

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NO-ONE TRULY UNDERSTANDS AUTISM UNLESS THEY'VE LIVED WITH IT. NO-ONE.

## CANadda



There is no support meeting in February.



This is not counselling or any form of therapy.

### Support Meeting Dates 2012

February—No Meeting.

18th March (7pm) David Smalley New Children's & Adult Services that have been developed within the Cambian Group.

15th April (7pm) Clare Parker Carers Team Co-Ordinator.

20th May (7pm) Valerie Haslam Retired Specialist Dyslexia Teacher, a Talk on Phonics.

17th June (TBC)

15th July—No Meeting, the meeting is being held instead on Friday 19th at 9:45am.

August—No Meeting.

16th September (TBC)

October—No Meeting.

18th November (7pm) Year End Get-together.

December—No Meeting.

Methodist Church, Lincoln Rd, Washingborough, LN4 1AT

### Social Dates for your Diary



Saturday 23 February - Bowling @ 5pm.

Sunday 9 June - Summer Bazaar @ starts 2pm.

# Autism Spectrum Disorder

The Most Informative Autism Interviews ANYWHERE  
<http://thecoffeeklatch.com/the-most-comprehensive-interviews-anywhere-for-autism/>

National Autistic Society's 50th birthday survey report  
<http://www.autism.org.uk/get-involved/50th-birthday/survey-report.aspx>

"Outgrowing" Autism hype of a new study <http://www.autismkey.com/outgrowing-autism-the-hype-of-a-new-study/>

An update from Ragga <http://familyandautism.com/2013/01/24/progress/>

Robot Anti Bullying song <http://www.youtube.com/watch?v=NQG2O2fJ158>

Am I High-Functioning or Low-Functioning? <http://specialism.com/high-functioning-or-low-functioning-yes-i-am/>

## Dyslexia / Dyscalculia

Dyslexia Awareness week <http://www.bdadyslexia.org.uk/get-involved-and-fundraising/dyslexia-awareness-week.html>

Conferences <http://www.bdadyslexia.org.uk/courses-and-events/conferences.html>

## Dyspraxia / Dysgraphia

SEN and disability skills: Daniel can do—a boy with Dyspraxia <http://www.education.gov.uk/b00201451/sen-skills/sen-induc-resources/daniel-can-do>

Download Resources from Danda  
<http://www.danda.org.uk/pages/download-resources.php>

## ADD/ADHD

Yoga Helps Schizophrenia, ADHD and Depression <http://www.ibtimes.co.uk/articles/427955/20130125/yoga-mental-health-schizophrenia-adhd-depression-sleep.htm>

Best of 2012: GoodTherapy.org's Top 10 Websites for ADHD <http://www.goodtherapy.org/blog/best-adhd-resources-2012-0114137>

Attention deficit hyperactivity disorder (ADHD) (CG72) Clinical guidelines CG72 <http://www.nice.org.uk/guidance/index.jsp?action=byID&o=12061>

## Famous ADHD Quote

I love to see high achievers like Michael Phelps who has ADHD highlighted as it helps remove the unfortunate stigma around a brain difference that I don't see as either a deficit nor a disorder. Sadly most people don't see it as the tremendous asset it can be and only see the deficit/disorder side to it.



Michael Phelps, greatest Olympian

## World Autism Awareness Day 2 April 2013



## Autism research project

Goldsmith's College are looking for participants in a research project looking at people's experience of autistic spectrum diagnosis. They are looking for adults with autistic spectrum diagnoses. The parents or guardians of people with autistic spectrum conditions, and professionals who diagnose these conditions. If you would like to fill in some surveys for the research project. go to <http://www.gold.ac.uk/psychology/research/asd-diagnosis>

## Geoff Evans

Friday 19th July 2013

9:45am to 2:15pm

Washingborough

Methodist Church

Talk about Sensory Issues

More details to follow.

## Gainsborough & Morton

10K

Sunday 17th March 2013

I Debbie Marshall am running the Gainsborough & Morton

10K. I am raising

money for

CANadda, any sponsors are much



## Questionnaire on Autism (RESEARCH)

Parents and carers of children diagnosed with autism,

I am a third year psychology student needing help in my dissertation, which is to assess the perceptions people hold of autism. All ethical approval has been granted by the University of Lincoln and your rights to withdraw and anonymity are given. The questionnaire will take approximately 15 minutes of your time.

If you are interested in helping with this study please email me on [10176676@students.lincoln.ac.uk](mailto:10176676@students.lincoln.ac.uk) whereby, I will be able to answer any questions you may have, also I can send you a copy of the questionnaire.

Thank you, Melanie Skelton