



# CANadda Newsletter



April 2014

Issue 56

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**Debbie Marshall**  
Chairperson



It is World Autism day on Wednesday 2nd April, we hope you will come along and support us at one of our events. More details below.

Please be aware we are expecting Tesco to come along and support CANadda for World Autism Day on the 2nd April at the Queens Park Hub during our Cuppa Wednesday where they will be presenting us with a cheque.

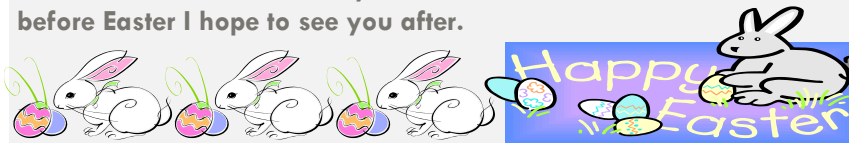


Our Cuppa Wednesday has continued to be a success, thank you to all those who have been coming along and supporting us. In time we expect this to grow.

I have some exciting news for you. On Tuesday 29th April at 12pm Growing Futures will be having their Grand Opening. Please come along and have a look around the Hub.

I am looking forward to our next bowling event which is on Saturday 5th April which I am expecting a full turnout.

We wish you all a great Easter and I will try not to eat too much chocolate and if I don't see you before Easter I hope to see you after.



Tim Barzycki a Social Care Community Engagement Officer will be joining us at our Cuppa Wednesday on the 23rd April to engage with you and gather information about your experiences of health and social care. Come along and have your say.

## Community Champion

CANadda In Branston

From 9 March 2014 to 7 June 2014. Every time you shop in store and use your dividend card, we'll receive a donation. So during the next few weeks, please remember to use your dividend card and we could be receiving a donation. Thank you!

## SOCIAL EVENTS



Autism Awareness Day-April 2nd- 10:30am to 12:30pm. Come along, support us and wear your onesie (optional).



Cuppa Wednesday - Every Wednesday (Term Time Only) at 10:30am to 11:30am.

Queens Park Community Hub,  
South Park, Lincoln, LN5 8EW.



Bowling—April 5th at 4pm.

Lincoln Bowling, Washingborough Road,  
Lincoln, LN4 1EF. **CANadda**

## World Autism Awareness Day 2nd April

Are you supporting this years World Autism Awareness Day? If not you could come along and help by supporting CANadda. We are raising awareness as follows:-

Tuesday 1st April 10am to 1 pm we will be at Lincoln College, Monks Road.

Wednesday 2nd April 10:30am to 12:30pm we are at the Cuppa Wednesday at the Queens Park Hub.

Wednesday 2nd April 1:30pm to ? We will be at the Canwick Tesco Store, Lincoln.

## Growing Futures

Grand Opening Tuesday 29th April at 12pm  
Queens Park Community Hub, South Park, Lincoln.

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# Autism Spectrum Disorder

Autism 'begins long before birth' <http://www.bbc.co.uk/news/health-26750786>

Girls' brains are more 'resilient' than boys' to disorders such as autism and ADHD <http://www.independent.co.uk/news/science/girls-brains-are-more-resilient-than-boys-to-disorders-such-as-autism-and-adhd-9169009.html>



I don't have bad parents and I'm not rude, spoiled or being a brat. I have autism. Please be understanding and Autism Aware. Spectrum Superstars

## Dyslexia / Dyscalculia

East Riding mum Christina Gabbitas inspired by her dyslexic son to become a children's author <http://www.hulldailymail.co.uk/want-encourage-children-write-ndash-words/story-20848544-detail/story.html>

50 Interesting Facts About Dyslexia <http://athome.readinghorizons.com/community/blog/50-interesting-facts-about-dyslexia/>

## Developmental Coordination Disorder (Dyspraxia) / Dysgraphia

Dyspraxia <http://www.patient.co.uk/health/Dyspraxia.htm>

Dyslexia and Dyspraxia [http://www.youngminds.org.uk/for\\_parents/worried\\_about\\_your\\_child/dyslexia\\_dyspraxia](http://www.youngminds.org.uk/for_parents/worried_about_your_child/dyslexia_dyspraxia)

# ADD/ADHD

Coping with Heightened Emotions When You Have ADHD <http://psychcentral.com/blog/archives/2014/02/27/coping-with-heightened-emotions-when-you-have-adhd/>

Having ADHD is a gift to embrace, not a burden to bear <http://www.thegrandviews.com/opinion/2014/03/28/having-adhd-is-a-gift-to-embrace-not-a-burden-to-bear/>

## Famous Aspergers Quote

"One unusual thing about me is that I have what some people would call a disability - but I call a gift".

"Always remember that different is cool!"

Luke Jackson Author

He was only 13 when he wrote the book Freaks, Geeks and Asperger's Syndrome



DCD / Dyspraxia Participants required for a new study looking at the role of motor abilities in the development of social behaviour – referred to as the 'Moving People' study.

Please find details below and information attached regarding some research you may be interested in participating in. Should you have any queries at all, please contact Dr Emma Sumner on 020 7078 5484 or email to [DCDproject@gold.ac.uk](mailto:DCDproject@gold.ac.uk)

FREE autism event for parents and carers

Practical Guidance on the challenges of Autism

Tuesday 20th May at the Dunchurch Park Hotel & Conference Centre Warwickshire CV22 6QW



Lincoln 10K 6th April 2014

Wendy Dyer is running the 10K to raise money for CANadda. We wish her all the best as we know Wendy will do well. If you would like to sponsor Wendy you can either send a cheque to our office payable to CANadda or you could go onto CANadda's web site and make a donation. Good Luck



## Aladdin

'relaxed' performance Lincoln Drill Hall

Sunday 28th December 2014 @2.00pm

With our 'Early Bird' offer of £2.50 on until 31st July 2014 it is a great time to book. <http://www.lincolndrillhall.com/events/aladdin>