



# CANadda Newsletter



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**.Debbie Marshall  
Chairperson**



The summer holidays are fast approaching so don't forget our Holiday Wednesday Club is suitable for 16+. We have also got our next bowling event coming up on Saturday 26th July at 5pm. Don't forget to book your place if you haven't already done so.

The Queens Park Community Hub are having a Summer Fayre on Thursday 24th July between 11am—2pm so come along and support CANadda.

CANadda will also be at the Turks Head in Heighington on Saturday 19th July so please come along and support us. The Gala starts at 12pm.

There are a lot of exciting things going on in this newsletter this month so do have a good look through.



## SOCIAL EVENTS



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



**Holiday Wednesday Club**— August 13th and 27th at 10am to 12pm. £2.50, this includes refreshments, craft, Mario racing challenge.

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



**Bowling**—Saturday 26th July at 5pm.

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

**"I DON'T HAVE ANY FRIENDS AND WHEN MY PARENTS DIE I WILL HAVE NO ONE."**

Don't let the Government's new care plans leave people with autism vulnerable to abuse, neglect and loneliness.

Email the Care Minister now.

[www.autism.org.uk/careless](http://www.autism.org.uk/careless)

## Looking For Retail Work?

There are a lot of retail vacancies being created in the Lincoln area. If you are looking for shop work? please contact the Lincoln Job Centre Plus to find out more.

## ADHD Research

Paid Interview on ADHD [www.research-house.co.uk](http://www.research-house.co.uk)

Adult patients will be paid £95 and parents £110. Please mention subject – ADHD.

If interested, please contact **Vasilis** on 0207 487 9188 or [vtzikas@schlesingerassociates.com](mailto:vtzikas@schlesingerassociates.com), to see if you qualify for the study.

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## Asperger's Seminar

**'DON'T JUDGE YOU DON'T KNOW ME'**



**THURSDAY 9th OCTOBER 2014 - 9:45am—12:45pm.**

**PLACES MUST BE BOOKED IN ADVANCE**

Please be aware we only have a limited amount of spaces for this Seminar 'Don't Judge You Don't Know Me' on Thursday 9th October 2014 - 9:45am – 12:45pm.

# Autism Spectrum Disorder

Charity helps ASD students stay safe online with new toolkit <http://news.tes.co.uk/b/tes-professional/2014/06/12/charity-helps-asd-students-stay-safe-online-with-new-toolkit.aspx>

Five Things To Do For a Family Dealing With Autism [http://www.huffingtonpost.ca/ionathan-alderson/autism\\_b\\_5513656.html](http://www.huffingtonpost.ca/ionathan-alderson/autism_b_5513656.html)

Feature: Drawing attention to the stigmas of autism <http://www.yorkshireeveningpost.co.uk/news/latest-news/top-stories/feature-drawing-attention-to-the-stigmas-of-autism-1-6696529>

## Dyslexia / Dyscalculia

Training and Events <http://www.bdadyslexia.org.uk/courses-and-events.html>

British Dyslexia Association <http://bdatech.org/>

Steve Chinn's UK Research 2005 <http://www.dyscalculia-maths-difficulties.org.uk/knowledge-centre/research-file>

## Developmental Coordination Disorder (Dyspraxia) / Dysgraphia

The life and times of a dyspraxic <http://www.thestar.com.my/Lifestyle/Health/2012/03/18/The-life-and-times-of-a-dyspraxic/>

Speech and Language <http://www.dyspraxiafoundation.org.uk/about-dyspraxia/speech-language/>

Apps to Help Students With Dysgraphia and Writing Difficulties <http://www.ncl.d.org/students-disabilities/assistive-technology-education/apps-students-ld-dysgraphia-writing-difficulties>

# ADD/ADHD

Adult ADHD Brain Shows Biological Differences From People Who Grew Out Of The Disorder <http://www.medicaldaily.com/adult-adhd-brain-shows-biological-differences-people-who-grew-out-disorder-287480>

More And More, Young Women Are Being Diagnosed With ADHD <http://iowapublicradio.org/post/more-and-more-young-women-are-being-diagnosed-adhd>

Louise Mensch, Trudie Styler and Will.i.am: ADHD affects adults as well as children, but can it help as well as hinder? <http://www.dailymail.co.uk/home/you/article-2517610/Louise-Mensch-Trudie-Styler-Will-ADHD-affects-adults-children-help->

## Steve McQueen - Actor ADHD Quotes

I'm about challenging people. Like, properly challenging them and their assumptions.

I learned that life is a long and difficult road, but you have to keep going, or you'll fall by the way-side.

I need to have a reason why I'm doing something. Otherwise I'm lost.

I can't work in an environment where it's a stiff hierarchy; that's not my kind of way.



## Autism Friendly Screenings

**Cineworld:** How to Train Your Dragon 2 – Sunday 6<sup>th</sup> July at 11am

**ODEON:** How to Train Your Dragon 2 – Sunday 6<sup>th</sup> July at 11:30am.

**Showcase:** How to Train Your Dragon 2 – Sunday 13<sup>th</sup> July at 10am

**Vue:** Frozen – Sunday 27<sup>th</sup> July at 10am

See [www.dimensions-uk.org/autismfriendly](http://www.dimensions-uk.org/autismfriendly) for more information.

## Butterfly Club Drill Hall, Lincoln

**Tickets: £3 advance (£4 on the day)**

It's time for another of our fantastic party nights for people with disabilities and their families. Great music, a friendly, welcoming atmosphere and the chance to meet new people. Come and strut your stuff on the dance floor baby!

<http://www.lincolndrillhall.com/events/the-butterfly-club-6>

## Lincoln Socialables

The **Lincoln Socialables** welcomes all ages and aims to organise different events that will appeal to all interests. If you live in Lincoln or nearby and want to meet new people, make new friends, widen your social circle and enjoy fun activities then please come along.

<http://www.meetup.com/Social-Group-In-Lincoln/?oc=evam>