



CANadda Newsletter



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CANadda has had another great year helping and supporting a lot of people. Even if this is a busy time of year for everyone now Christmas isn't far away, don't forget if you need some support leading up to Christmas CANadda will be around on Wednesdays.



Bonfire night can be stressful for people with autism have a look on the NAS web site for advice. <http://www.autism.org.uk/living-with-autism/out-and-about/holidays-and-days-out/bonfire-night.aspx>



Great news due to the success from last year CANadda has decided to have a Christmas lunch again this year. We were fully booked last year so if you do want to join me on Friday December 18 at 1pm please let me know A.S.A.P. by giving me a deposit to guarantee your place, thank you!



Well done to Sian who was CANadda's last bowling champion, we all had a great evening. Our next bowling event will be next year.



There will be no Cuppa Wednesday on Wednesday 2nd December, sorry for any inconvenience this may cause.



Fund Raising Events

CANadda will be attending the following events as we are a non profitable organisation and we have to raise our own funds to keep CANadda going. We hope you will come along and support us, thank you!

Branston Xmas Market, Saturday 28th November 2015, Branston.

Christmas Fayre, Tuesday 1st December 2015, Queens Park Hub, South Park, Lincoln, LN5 8EW.

Heighington Xmas Market, Sunday 6th December 2015, High Street, Heighington.

DISCLAIMER CANadda is an information service. If you discover any information which you believe to be inaccurate please contact canadda@canadda.org.uk. CANadda have included various websites for your information only. We do not endorse or recommend any product or services and inclusion on our newsletter does not necessarily state or reflect the views of CANadda. CANadda cannot be held responsible for any damage or loss caused by any inaccuracy on our newsletter or on linked websites/pages. (Please note that some of our information is provided on a personal perspective completed by people that have a personal approach).

SOCIAL EVENTS



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



Christmas Lunch - Friday 18 December at 1pm.

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



Autism Support Coffee Meeting—Saturday 28 November 2015 @ 3.45pm to 5pm.

The Angel Coffee House, Free School Lane, Lincoln LN2 1EY

CANadda

CHRISTMAS LUNCH

Friday 18 December 2015 @ 1pm

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

There are four courses and you can choose how many courses you have.

* Starter-Roast butternut squash soup with home-made bread. £1.50

* Main-Roast Turkey with all the trimmings or there will be a vegetarian option. £3.50

* Desert-Homemade Christmas pudding with brandy sauce or baked vanilla cheesecake. £1.00

* Coffee or tea with homemade mince pie. £1.00

All four courses for £7.00

Deposit needs to be paid by Friday 11th December 2015 to CANadda, thank you!



Autism Spectrum Disorder

How people with autism see the world: Gaze of those with the condition bypasses faces to see details such as colour and contrast <http://www.dailymail.co.uk/sciencetech/article-3286740/How-people-autism-world-Gaze-condition-bypasses-faces-details-colour-contrast.html>

Christopher Eccleston leads cast of BBC One's new autism drama <http://www.cultbox.co.uk/news/headlines/christopher-eccleston-leads-cast-of-bbc-ones-new-autism-drama>

Sesame Street introduces new character who has autism <http://www.bbc.co.uk/newsbeat/article/34600606/sesame-street-introduces-new-character-who-has-autism>

Dyslexia / Dyscalculia

'I found out I was dyslexic in the 90s. Deep down I knew I wasn't as 'stupid' as I was made to feel in school' <https://uk.news.yahoo.com/advice-aspiring-dyslexic-entrepreneur-embrace-difference-183428805--finance.html#r1OQsIC>

What is the benefit of testing pupils for dyscalculia? - See more at: <http://www.schoolworld.org.uk/>

Developmental Coordination Disorder (Dyspraxia) / Dysgraphia

Call for schools to stop dyspraxic girls "slipping through the net" <http://schoolsweek.co.uk/call-for-schools-to-stop-dyspraxic-girls-slipping-through-the-net/>

How to Help a Child with Dysgraphia <http://www.livestrong.com/article/71929-child-dysgraphia/>

ADD/ADHD

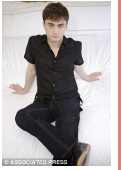
Ten things you didn't know about ADHD <http://ncmh.info/blog/2015/10/13/ten-things-you-didnt-know-about-adhd/>

Attention Deficit Hyperactivity Disorder (ADHD) <http://www.bbc.co.uk/programmes/articles/4gVSV00TTLXTyPxJvcClkOC/attention-deficit-hyperactivity-disorder-adhd>

Daniel Radcliffe, Actor Dyspraxia Quote

'I was having a hard time at school in terms of being c**p at everything, with no discernible talent,' he says.

Reference: <http://www.dailymail.co.uk/tvshowbiz/article-1046031/Harry-Potter-The-brain-disorder-means-l-8217-t-tie-shoelaces.html>



Keep Safe

A guide to personal safety (Home Office)

This is a great SEN friendly guide to keeping safe. You can either view it on line or print yourself a copy.

<https://shareweb.kent.gov.uk/Documents/community-and-living/community-safety/community-safety-unit/Home%20Office%20-%20Keeping%20Safe%20Guide.pdf>



Autism Support Coffee Meeting

Saturday 28 November 2015 3.45pm.

The Angel Coffee House Free School Lane, Lincoln, LN2 1EY

A place for people with autism and their parents, siblings, or carers to meet and become friends with other people with experience of autism, and get advice off both them, and adults with autistic spectrum disorders.



Walk a mile in my shoes,
see what I see,
hear what I hear,
feel what I feel,
then maybe you'll
understand why
I do what I do,
'till then don't
judge me.



Single Mothers Who Have Children With Autism

Snow White & the Seven Dwarfs Lincoln Drill Hall

The date of the performance is:

Monday 28th December 2015 at 2.00pm

Relaxed performance.