



# CANadda



# Newsletter

July 2016

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## Debbie Marshall

### Chairperson

Tom and I, we are off to the Houses of Parliament on Monday 4th July 2016 for the Westminster Commission on Autism. I originally got invited as I submitted a piece of work from the Lived Experience Forum which I lead. I had put this work together last year from the information fed in from the group. Tom is also Vice Chair of CANadda and we are both very excited about going and we are looking forward to letting you all know how we get on.

Last month despite the rain I still dressed up and enjoyed the opportunity fund raising and raising awareness on Lincoln High Street at the Queens Tea Party.

For up to-date information through out the month or support CANadda has two Facebook pages. We have a group and a page one. The links can be found on CANadda's web site.

I hope everyone has a good month as it has been challenging for a few people.



## CANadda - LINCOLN

### SOCIAL EVENTS

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

 **Fun Day** - Saturday 13 August 2016, 11am to 4pm.

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

 **Health Awareness Day**— Saturday 9th July 2016, 10am to 4pm.

**Branston Village Hall, Branston, Lincoln, LN4.**

 **Autism Support Coffee Meeting**—Saturday 15th July 2016, 3pm.

**The Drill Hall, Lincoln, LN2 1EY.**

 **'Don't Judge You Don't Know Me'** - Asperger's Talk, Friday 14 October 2016.

**Washingborough Methodist Church, Lincoln, LN4 1AT**

## 10 SCIENTIFIC WAYS TO BE HAPPY

- meditate: rewrite your brain
- practice smiling
- sleep more
- practice gratitude
- help others: 2 hours a week
- exercise: at least 7 minutes
- go outside: especially at 13.9°C
- move closer to work
- spend time with family and friends
- plan a trip: but don't take it

source: Buffer Productivity Blog [bit.ly/16xDx0l](http://bit.ly/16xDx0l) Funders and Founders

## DON'T JUDGE YOU DON'T KNOW ME



## DEBBIE MARSHALL TALK ABOUT ASPERGER'S

14 October 2016

This unique presentation is to educate people about the condition. It has been put together by Debbie Marshall as she wants to invite you into her exclusive world of having Asperger's from a personal perspective. This talk focuses on Sensory, Anxiety and a Meltdown in detail. For more information contact *CANadda*

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joint echolalia unashamed  
 best practices Universal Design following my IEP  
 knowing my rights real jobs for real pay stimming together natural  
 self acceptance still a cause that needs attention a basic human right communication  
 listening to behavior working with my headphones on talking to me and not my aide integrated classrooms  
 getting the help I need listening to me when I am hard to understand not telling people to look at you  
 helping my child use his AAC device for everybody love inclusion  
 respecting my rights welcoming the world allowing my child to stim  
 knowing joy autism acceptance is inclusion  
 providing sensory-free rooms proud loud hands unconditional presuming competence  
 allowing people to stim treating Autistic people as people  
 the radical notion that autistics are people listening understanding what will allow my child to flourish  
 respect unapologetic diversity where normal is self-defined  
 working on the floor scripting/respecting all forms of communication  
 a community affair stimming in public without shame  
 open mindedness

## Autism Spectrum Disorder

Assistance dogs: how canine helpers can give people their lives back [Assistance dogs: how canine helpers can give people their lives back](#)

## Dyslexia / Dyscalculia

Why Children With Dyslexia And Reluctant Readers Are Inspired By Liz Pichon's Unique Books [Why Children With Dyslexia And Reluctant Readers Are Inspired By Liz Pichon's Unique Books](#) | [Adult Dyslexia Organisation](#)

11 Facts About the Math Disorder Dyscalculia <http://mentalfloss.com/article/62436/11-facts-about-math-disorder-dyscalculia>

## Developmental Coordination Disorder (Dyspraxia) / Dysgraphia

I get knocked back, but I get up again: my journey with dyspraxia [I get knocked back, but I get up again: my journey with dyspraxia](#)

Helping Young Children Develop Strong Writing Skills [How to improve writing skills for kids | TTRS Blog](#)

# ADD/ADHD

This is what it feels like to live with ADHD [This is what it feels like to live with ADHD](#)

## Daniel Radcliffe, actor, dyspraxia, Quote.

As the star of the Harry Potter movies, actor Daniel Radcliffe can be seen zipping around on his broomstick and saving the day during Quidditch matches. In real life, he has dyspraxia, which can make it difficult for him to tie his shoes. Handwriting also continues to be a challenge. He was 9 when his mother encouraged him to audition for a play. "I was having a hard time in school," he said. His mom thought acting would boost his confidence. She was right!

Reference: <https://www.understood.org/en/learning-attention-issues/personal-stories/famous-people/success-stories-celebrities-with-dyslexia-adhd-and-dyscalculia#slide-2>



Sophie Lavender (Photography and Design [Facebook.com/sophielavenderphotos](https://www.facebook.com/sophielavenderphotos))

## Proloquo2Go

Proloquo2Go Symbol—based AAC on the App Store [Proloquo2Go - Symbol-based AAC on the App Store](#)

Proloquo2Go on iPad Demo [Proloquo2Go on iPad Demo](#)

## Lincoln Odeon—Autism Friendly

[The Secret Life of Pets - Sunday 17th July](#)

[Now You See Me 2 - Monday 18th July](#)

[Finding Dory - Sunday 14th August](#)

[Jason Bourne - Monday 15th August](#)

<http://www.odeon.co.uk/accessibility/autism-friendly-cinema-screenings/>