



# CANadda

# Newsletter

September 2017 Issue 97



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## Debbie Marshall - Chairperson

On Tuesday 31st October we are holding an 'Autism Event' Autistics Together with Niko Kargas & Ian Jordan at The Engine Shed, University of Lincoln. One of our main speakers is Alan Gardner the Autistic Gardener.



For more information please go to our Facebook page or on our web site. There is still time to purchase an early bird ticket at £25, this offer finishes on 19th September 2017. You can buy tickets via PayPal or directly from CANadda, please see more about how below.

Our Cuppa Wednesday will be back on Wednesday 6 September at 10.30am. I am looking forward to catch up with some of you.

Our AGM will be held on Friday 15 September 2017 at the Queens Park Hub at 11.30am, anyone is welcome to attend.

I completed the unique Mannequin Challenge so a big thank you to everyone that supported me or sponsored me.

## Great News!!!!!!

If you haven't got a Paypale account but you would like to buy a ticket to CANadda's autism event on Tuesday 31st October 2017, well you can now! We are now opening a ticket box every Wednesday at the Hub so you can come along and purchase your tickets directly from CANadda.

Box Office is open Wednesday 10.30am to 1pm at the Queens Park Community Hub, South Park, Lincoln, LN5 8EW.

Ask for Debbie and you can pay either by cash or cheque, cheques are payable to CANadda.

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## SOCIAL EVENTS

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

**Bowling** — A date still to be confirmed

Washingborough Road, Lincoln, LN4 1EF

**Autism Event** — Tuesday 31st October, 9am to 3:30pm

The Engine Shed, University of Lincoln, Brayford Pool, Lincoln, LN6 7TS

**Celebrating 100th Newsletter** — Wednesday 6 December, 10:30am to 11:30am

Washingborough Road, Lincoln, LN4 1EF

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

**CANadda**

## Autistics Together

With  
**Niko Kargas & Ian Jordan**

**31st October 2017 — 9am to 3:30pm**

**The Engine Shed, University of Lincoln**

Brayford Pool, Lincoln, LN6 7TS

## Guest Speakers

**Autistic Gardener** Alan Gardner

Jon Adams, Debbie Marshall, Tom Schofield

Niko Kargas, Ian Jordan



[canadda@canadda.org.uk](mailto:canadda@canadda.org.uk)

## Autism Friendly

We have put together some information around autism friendly which can be found on our web site <http://www.canadda.org.uk/autism-friendly.htm>

We have also put together our autism friendly bowling and eat sessions. <http://www.canadda.org.uk/autism-friendly-bowling.htm>

## Autism Spectrum Disorder

Clinical review - Autistic spectrum disorders  
<http://www.gponline.com/clinical-review-autistic-spectrum-disorders/neurology/article/966972>

## Dyslexia / Dyscalculia

Our Journey with Dyslexia  
[http://www.huffingtonpost.co.uk/rebecca-bainbridge/our-journey-with-dyslexia\\_b\\_16997300.html](http://www.huffingtonpost.co.uk/rebecca-bainbridge/our-journey-with-dyslexia_b_16997300.html)

Learning & Attention Issues  
<https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/dyscalculia/5-common-myths-about-dyscalculia?view=slideview>

## Developmental Coordination Disorder (Dyspraxia) / Dysgraphia

Dyspraxia: It's more than just a 'clumsy child syndrome'  
<http://uk.blastingnews.com/health/2017/08/dyspraxia-its-more-than-just-a-clumsy-child-syndrome-001909765.html>

Understanding Dysgraphia  
<http://prntexas.org/understanding-dysgraphia/>

## ADD/ADHD

I didn't know my husband had ADHD when I met him.  
Neither did he  
<https://inews.co.uk/essentials/lifestyle/wellbeing/i-didnt-know-husband-adhd-i-met-neither/>

## Cher Actor and Singer Quote

"I never read in school. I got really bad grades—D's and F's and C's in some classes, and A's and B's in other classes. In the second week of the 11th grade, I just quit.

When I was in school, it was really difficult. Almost everything I learned, I had to learn by listening. My report cards always said that I was not living up to my potential".

Reference: <https://www.dyslexia.com/famous/cher/>



## Specsavers autism friendly sessions

Specsavers Lincoln High Street has an autism friendly sessions coming up, Sunday 3rd September.

When making an appointment please ask them for the quiet clinic and let them know about any reasonable adjustments they can make to help you, your child, young adult or adult.

Specsavers phone no. 01522 576655

## Autism Research

Autism Research Centre at Cambridge University, are currently looking for pregnant autistic women to take part. If anyone is interested in taking part please contact:- Sarah Hampton, Tel: 01223 465230 or [www.autismresearchcentre.com](http://www.autismresearchcentre.com)

The study is looking at early infant brain and behaviour development. We're also exploring wellbeing for autistic mothers, in order to identify the positive aspects of being an autistic mother as well as areas where support might be needed for autistic mothers in the future.

### LEARNING DISABILITIES

