



# CANadda



# Newsletter

November 2017 Issue 99

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## Debbie Marshall - Chairperson

On Tuesday 31 October our autism event happened. It was an amazing day, we had three National Autistic Society autistic Ambassador speakers. Chris Packham, Autistic Gardener and Jon Adams.

And yes we had Chris Packham, I still can't believe it! Chris Packham was confirmed as one of our speakers at the last minute and we had to keep it a huge surprise, not even the other speakers knew about it!

Everyone that came had a really lovely time, it was great to see so many old and new faces.

I would like to thank the Autism Research & Innovation Centre (ARIC) for their support and for hosting this event for us. We will look forward to doing another one sometime in the future.

I have put together a report about the feedback we have received from our event as it is nice and interesting to share information with others when it is good.

Our annual successful Christmas Dinner this year will be on Wednesday 13 December. If you would like to come please let me know by December 6 with your payment. The Menu is on page two.

I am sorry to let you know that Bowling will now be taking place next year due to my health.

## SOCIAL EVENTS



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



**Christmas Fayre**  
Tuesday 5 December, 10am to 2pm



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



**Christmas Dinner**  
Wednesday 13 December, 12pm

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



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

**Washingborough Road, Lincoln, LN4 1EF**

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## Our seven amazing speakers

Dr Niko Kargas, Jon Adams, Tom Schofield,  
Chris Packham, Ian Jordan, Debbie Marshall  
and the Autistic Gardener

31/10/17



Please go to this Facebook link for more photos plus there are some video links if you want to hear some of the speakers talks from CANadda's autism event.

<https://www.facebook.com/UOL.ARIC/>



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# 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

LISTEN: What every teacher needs to know about memory – professors Robert and Elizabeth Bjork talk to Tes Podagogy  
<https://www.tes.com/news/school-news/breaking-views/listen-what-every-teacher-needs-know-about-autism-professor-uta>

## Dyslexia / Dyscalculia

Richard Branson backs campaign to support 1m disabled people to get into and stay in work  
<http://www.londonlovesbusiness.com/business-news/richard-branson-backs-campaign-to-support-1m-disabled-people-to-get-into-and-stay-in-work/18437.article>

Assessment  
<https://www.salford.gov.uk/media/390216/dyscalculia-checklist.pdf>

What are the signs of Dyscalculia?  
<http://www.dyslexia.uk.net/specific-learning-difficulties/dyscalculia/the-signs-of-dyscalculia/>

## Developmental Coordination Disorder (Dyspraxia) / Dysgraphia

Hidden superpowers: uncovering the intersection of marketing and neurodiversity  
<http://www.thedrum.com/opinion/2017/10/09/hidden-superpowers-uncovering-the-intersection-marketing-and-neurodiversity>

Learning disability or learning difficulty?  
<https://www.hft.org.uk/resources-and-guidance/learning-difficulties-and-other-needs/>

## ADD/ADHD

Life as an adult with ADHD: 'I waited 40 years to find out it doesn't just affect kids'  
<http://www.hulldaily.com/news/adult-adhd-diagnosis-treatment-679242>

## Chris Packham Asperger's Quote

"I've spent 30 years on the telly trying my best to act normal, when really I am anything but" said Packham.

"At times it's been immensely difficult. I suspect many people find me a bit weird which is one of the reasons why I choose to live all on my own in the middle of the woods. I don't have the need for that social contact at all. Very obviously I prefer animals to humans".

"30 years on managing my autism on national television still requires an enormous effort. Sometimes I fail, I do just go off on one. But I realise now there is no way I could do my job without Asperger's".



Reference: <http://www.telegraph.co.uk/science/2017/10/09/chris-packham-living-aspergers-spent-30-years-telly-trying-best/>

## Christmas Dinner

### Starters

- \* Winter vegetable soup, herb croutons (V)
- \* Goat's cheese & sundried tomato tart, rocket & balsamic (V)
- \* Smoked salmon & cream cheese terrine, baby salad & homemade granary bread

### Main

- \* Roast Turkey, sausage meat wrapped in smoked bacon, thyme and onion stuffing, cranberry and turkey jus
- \* Leek & potato pot pie (v)

Served with

Honey roasted root vegetables, sautéed potato

### Puddings

- \* Christmas pudding, brandy sauce & winter berry compote
- \* Chocolate torte, crème Chantilly & chocolate sauce

3 courses for £8.00

Include, coffee / tea and mince pies

Take part in a study

<http://research.ncl.ac.uk/adultautismspectrum/>