



CANadda



December 2017 Issue 100

Newsletter

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Debbie Marshall Chairperson

It is our 100th newsletter and what better way to celebrate is with coffee and cake. On Wednesday 6 December at our Cuppa Wednesday we are going to put on coffee or tea and cake on us, yes a free coffee morning. You are welcome to come along and join us celebrating our 100th newsletter.

Our Christmas dinner this year will be on Wednesday 13 December at 12pm at Queens Park Hub. If you would like to come please let me know by December 6 with your payment. The Menu is on page two so please let me know what you would like to eat. We have also posted the Christmas menu on our Group Facebook Page.

It is our Christmas Fayre on Tuesday 5 December, if you are free please come along and support us even if you only come along to say hello.

Another massive thank you to everyone as since our last newsletter was emailed out I have still been receiving wonderful and amazing messages back about our autism event. I have never known anything else like this it really has been overwhelming, again from my heart thank you! We hope to do another one in the future.

After Christmas I will set a date for our next bowling. I hope to have one in February so keep your Saturdays free.

Also after Christmas we will be starting to think about Autism Awareness Week in April and what sort of things CANadda wants to do, if anyone has any ideas please share them with me.

I would like to end this newsletter with wishing everyone a very Merry Christmas and lets hope we all have a fabulous New Year.



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

CANadda



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/>

Autism



the world from a different perspective

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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

The Autistic Child: 'Different, Not Less'
<https://learningenglish.voanews.com/a/health-lifestyle-autistic-child/4130584.html>

Dyslexia / Dyscalculia

Dyslexia: Symptoms & treatment
<http://www.kyma.com/news/dyslexia-symptoms-treatment/663460996>

Dyscalculia
<http://www.bdadyslexia.org.uk/dyslexic/dyscalculia>

Developmental Coordination Disorder (Dyspraxia) / Dysgraphia

Dyspraxia Activist
<http://dyspraxiactivist.blogspot.co.uk/2017/11/>

Diagnosis Of Dysgraphia
<http://www.educational-psychologist.co.uk/sen-resources-blog/2016/1/22/cannot-pass-the->

ADD/ADHD

Signs of ADHD can be different in girls
<http://edition.cnn.com/2017/11/27/health/girls-adhd-signs-partner/index.html>

Carrie Grant Quote

"Most people imagine that a kid with ADHD must be rampaging about causing disruption but this is not always the case," explains Carrie. "Olivia was dreamy and disorganised. She was always being told off for fidgeting or staring out of the window."



Reference: <https://www.express.co.uk/entertainment/music/394611/Carrie-Grant-Life-is-always-interesting-in-our-house>



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/>