



# CANadda Newsletter



November 2010

Issue 15

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## Chairperson

### Mrs Debbie Marshall

*The witches and ghosts have been and gone for another year and that is just the trick or treaters, we now have the fireworks and the parties to look forward to on the 5th of November until the early hours of the morning.*

*At our last support meeting we were delighted to have Faye Johnson and Judith Alloway there and I hope they were able to take away with them some useful advice, so they can continue the good work they are doing with the support they are offering.*

*If you tune in on Monday the 15<sup>th</sup> of November in the morning to Lincoln City Radio (103.6fm) I have been asked to come along to do a talk on behalf of CANadda. I am looking forward to this and I hope I do a good job this will be my first radio interview.*

*As the bad weather approaches please check your emails first before setting out for one of CANadda's support meetings in case the support meeting gets cancelled.*

*CANadda Christmas list is out, if you are planning attending it is £1 this will include food and drink. Anyone is welcome including children, we did have a good turn out last year and we hope this will be successful this year.*

*Our next support meeting is on Monday the 15<sup>th</sup> November on Hate Crime, this is going to give Melanie from the police the opportunity to raise awareness about Hate Crime as they start the Hate Crime raising awareness campaign.*

*Please note: CANadda is back at the Washingborough Methodist Church.*



## Support Meeting Dates

15<sup>th</sup> November – Hate Crime – Melanie Cowell from Lincs Police.

20<sup>th</sup> December – Christmas Party.

18<sup>th</sup> January 2011 – Strut and service offered – Eugenia Pryor.

21st February 2011 – Social chat and play games.

21<sup>st</sup> March 2011 – Understanding Anger  
Lisa Garthwaite.

Washingborough Methodist Church  
Lincoln Rd, Washingborough, LN4 1AT  
7:30pm – 9:30pm

Refreshments available at a small charge.

## 12<sup>th</sup> Annual Lincoln Autism Conference

Thursday 4<sup>th</sup> November 2010

Branston Hall Hotel, Lincoln

9:15am – 3pm

Carol Bentley. [Carol.Bentley@ulh.nhs.uk](mailto:Carol.Bentley@ulh.nhs.uk)

## 8<sup>th</sup> Lincolnshire Autism Conference

24<sup>th</sup> March 2011

The Embassy Theatre

Skegness

Full details will be distributed after Christmas.

Conference presented by Lincolnshire Autistic Society and Lincolnshire Learning Support Services.

## A Special Thank You To

David Harris, for his kind donation.



## Social Events For Your Diary

16<sup>th</sup> November – Christmas Meal

20<sup>th</sup> December-

Christmas Party,

+ Raffle, 7:30pm.



We are going to meet at:

Pride of Lincoln, Whisby Rd  
Lincoln LN6 3QZ

16<sup>th</sup> November 2010, 8pm.

## Autism Spectrum Disorder (ASD)

An Autism Spectrum Disorder varies from person to person. Fundamentally it means that there is a weakness of understanding in the following areas:

Social Communication

Social Interaction

Social Imagination

It's estimated over 500,000 people in the UK have Autism or Asperger Syndrome.

# ADD/ADHD

### ADHD management options for adults

<http://www.addandadhd.co.uk/adhd-management-options-for-adults.html>

### UK Research Project Learning Attitudes

<http://www.adders.org/research70.htm>

### Review of

Special School and

Mainstream Unit Provision

# CANadda Support HATE CRIME

15<sup>th</sup> October 2010



Melanie Cowell from the Lincolnshire Police is coming to do a talk on hate crime as the Lincolnshire Police have started their raising awareness campaign on hate crime.

Everyone is welcome.

This is not counselling or any form of therapy.

## Famous Asperger Syndrome Quote

"Polite conversation has never been one of my strong points. Just recently I actually found out that I'd got a mild form of Asperger's syndrome which basically means I have trouble interacting with people. For years, I couldn't understand why people thought I was arrogant, but now it all makes more sense".



Gary Numan—Singer, Composer and Musician

## ANTI BULLING Week

15<sup>th</sup> - 19<sup>th</sup> November 2010



### Theme: Taking Action Together.

### Initial Equality Impact Assessment

On Anti-Bullying Strategy Please see visit the following web page for further details.

[http://www.lincolnshire.gov.uk/upload/public/attachments/1195/anti\\_bullying\\_strategy\\_-](http://www.lincolnshire.gov.uk/upload/public/attachments/1195/anti_bullying_strategy_-)

### BAD WEATHER

*Due to the bad weather please always check your emails before leaving to one of our support meetings.*



### Work Related Stress

How to tackle work related Stress [www.hse.gov.uk](http://www.hse.gov.uk)