



CANadda Newsletter



December 2010

Issue 16

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Chairperson

Mrs Debbie Marshall

Christmas is approaching fast and I never seen so much snow in Lincoln. As the bad weather is here please check your emails or CANadda's web site before setting out for one of CANadda's support meetings in case the support meeting gets cancelled.

CANadda's last meeting was on Monday the 15th November on Hate Crime, if you missed it, you missed a good meeting. Thank you to Melanie Cowell and Christian Barrett who came and did a talk, it was well received from CANadda's members.

I did my first radio interview on Monday the 15th of November at 10:30am in the morning. I didn't know what to expect but I enjoyed it and I was asked if I would come back again, I agreed. If you missed me on Lincoln City Radio I am re booked in for Tuesday the 1st of February for 10:30am.

Our next support meeting is on Monday the 20th December this is CANadda's Christmas Party, if you are planning attending it is £1 per person, children are welcome too, this will include food and drink. Anyone is welcome including children. We are holding a raffle to raise funds, the tickets are £1 each but everyone will win a prize.

On behalf of CANadda I would like to wish you all a very merry Christmas and a prosperous new year.

*Merry
Christmas*

BAD WEATHER

Due to the bad weather please always check your emails before leaving to one of our support meetings in case we have to cancel.



Support Meeting Dates

20th December – Christmas Party.

17th January 2011 – Strut and service
offered – Eugenia Pryor.

21st February 2011 – Social chat and play
games.

21st March 2011 – Understanding Anger
Lisa Garthwaite.

Washingborough Methodist Church

Lincoln Rd, Washingborough, LN4 1AT

7:30pm – 9:30pm

Refreshments available at a small charge.

A Special Thank You To

David Harris and Judith Alloway
for their kind donations.

Transition Conference

Tuesday 24th February 2011

St Francis School

Wickenby Crescent

Lincoln

9:30am – 2:30pm

ADD/ADHD

ADD/ADHD Research Projects Compensating Participants

<http://www.adders.org/research-projects.htm>

ADHD Tied To Obesity In Adulthood

<http://www.medicalnewstoday.com/articles/207600.php>

Famous Dyslexic Quote

Dyslexia was an embarrassment at school. At ten, I still had problems reading and writing. And children can be cruel when they discover that you are different.

I did the same subjects as everyone else but found it hard to keep up, and always knew I wasn't going to pass my 11-plus.

Yet because I was big and strong I was never picked on. Rather than take the mickey, people would try to help me, so I was able to get by reasonably well.

It's difficult for people who can read to understand how frustrating it is. It doesn't mean you lack intellect. Quite the reverse. There's no reason why dyslexics can't read. It just takes them four or five times longer than everyone else.

Steve Redgrave

Olympic Gold Medallist



CANadda Support

20th December 2010

Christmas Party



7:30pm—9:30pm

Everyone is welcome including children, it is only a £1 per person drinks and food are FREE.

Raffle £1 a ticket—every ticket wins a prize.

This is not counselling or any form of therapy.

SEN shake up in Lincolnshire over the next 10 years

<http://www.lincsfn.co.uk/pages/landing?blockID=363088>

Work Related Stress

How to tackle work related Stress
www.hse.gov.uk

8th Lincolnshire Autism Conference

24th March 2011

The Embassy Theatre

Skegness

Full details will be distributed after Christmas.

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