



# CANadda Newsletter



July 2011

Issue 23

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## Chairperson

**Mrs Debbie Marshall**



What is the weather doing at the moment? It is either very hot, cold or it is raining. Personally I love the heat and I never understand WHY people moan when it is too hot and then they moan when it is too cold. If it was up to me I would love the weather to be hot all the time.

Thank you to everyone that turned up at the last support meeting, it is good to see people are coming and supporting the group. I hope people try to make the July one as the next one won't be until September, as it is the holidays and we will be having a break.

I have really wanted in this months newsletter to highlight Aspergers in women as it is important to raise awareness of it. Aspergers in women is thought to be as high as 2:1 (M:F). Women are more likely to be diagnosed with bipolar, depression or something else. Under ASD below there are some links which may be of interest and under the famous quotes there is also an interesting link.

Statistically no one really knows how common ASD is in men and women but it currently stands at about 1 in 100. I personally believe that figure is much higher as men/boys are still undiagnosed especially men and even today some boys will still go into adulthood without having been diagnosed.

As for women/girls it is very rarely picked up and diagnosed as ASD in girls/ women is thought to be different compared to boys/men and it is also thought to be a men/boy thing. Girls will also go through life and school not having the same level of challenging behaviours and social interaction compared to boys, which makes it harder for professionals to have concerns over girls.

Don't forget CANadda has a new telephone number. The helpline number is 01522 716899 and the switchboard number is 0845 004 6832.

We are still giving away FREE Wrist / Charm Alarms. We are giving them away FREE to the most vulnerable children 12+ and adults that are on the Autistic Spectrum.

I hope to see you on the 14th of July where we will be having a meal at the Homestead, Bracebridge Heath. We will be meeting at 7pm.

## Support Meeting Date

18th July 2011—Games and Social Chat.

15th August 2011—NO MEETING.

19th September 2011—AGM Meeting 7pm  
and the Carers Federation 7:30pm.

## Dramatherapy

**18th July 2011— Liz Merrick**

Washingborough Methodist Church

Lincoln Rd, Washingborough, LN4 1AT

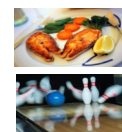
**7pm – 9pm**

Refreshments available at a small charge.

## Social Events For Your Diary

July 14th—Meal at the Homestead,  
Bracebridge Heath @ 7pm.

Sept—Bowling at Washingborough.

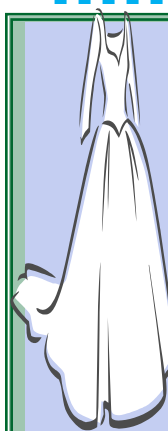


## Annual Charity Ball

Wear your wedding dress again

If you would like to attend a Charity Ball and wear your Wedding Dress again, for further details see link <http://www.gnslimited.co.uk/websites/wearyourweddingdressagain/moreinfo.html>

This is raising money for CANadda and Kids Strut.



## Britain's Got Talent

Well done to James Hobley 11 who got to the finals and finished 8th. If you would like to see James performance in the finals check on the following link. <http://www.youtube.com/watch?v=2QgLoCCHkro>



## TABLE TOP SALE—Saturday 23rd July

Washingborough Methodist Church

10am—12pm Entrance FREE



# Autism Spectrum Disorder

A Mother's labour of love – Lorna Wing

<http://www.guardian.co.uk/lifeandstyle/2011/may/24/autistic-spectrum-disorder-lorna-wing>

Doctors are failing to spot Aspergers in girls

<http://www.guardian.co.uk/lifeandstyle/2009/apr/12/autism-aspergers-girls>

Asperger's Syndrome in Women & Girls - Dr Tony Attwood

<http://hubpages.com/hub/Autism-Spectrum-Disorder-Aspergers-Syndrome-Women-Girls-Dr-Attwood>

## Dyslexia / Dyscalculia

Music and Dyslexia <http://bdadyslexia.wordpress.com/>

Famous people with dyslexia [http://dyslexiamylife.org/who\\_els.html](http://dyslexiamylife.org/who_els.html)

The One Show Dr Sarah Jarvis looked at dyscalculia <http://www.bbc.co.uk/blogs/theoneshow/2010/01/dyscalculia-more-information.shtml>

Testing for dyscalculia <http://www.dyscalculia.me.uk/testing.html>

## Dyspraxia / Dysgraphia

Driving with Dyspraxia <http://www.telegraph.co.uk/motoring/road-safety/8252720/Driving-with-dyspraxia.html>

Research participants wanted! [http://www.dyspraxiafoundation.org.uk/news/show\\_news.php?id=85](http://www.dyspraxiafoundation.org.uk/news/show_news.php?id=85)

Annual Conference, July 2011 Dyspraxia: Positive solutions for the transitional years 12.05.11 - Annual Conference, July 2011 Dyspraxia: Positive solutions for the transitional years

## ADD/ADHD

Child victims of the chemical cosh: Boy who killed himself after taking Ritalin <http://www.dailymail.co.uk/health/article-2002856/Harry-Hucknall-10-killed-taking-Ritalin.html#ixzz1PTIq06cv>

It's time to give Adult ADHD the attention it needs <http://www.adders.org/article-01.htm>

Occupational therapists could spot ADHD early with brain scans [http://www.mediplacements.com/article-800574131-occupational\\_therapists\\_could.html](http://www.mediplacements.com/article-800574131-occupational_therapists_could.html)

6 Signs ADHD May be Affecting Your Marriage <http://www.opposingviews.com/i/6-signs-adhd-may-be-affecting-your-marriage>

## CANadDa Support Meeting

18th July 2011

### Socialising, playing games or Drama therapy

Come along and join in a game or two, you may prefer to come just for the social chat. or You may like to come and join in the Drama therapy instead. Everyone is welcome.



This is not counselling or any form of therapy.



### Famous ASD Quotes

"My own brain is to me the most unaccountable of machinery --always buzzing, humming, soaring roaring diving, and then buried in mud. And why? What's this passion for?"

"You cannot find peace by avoiding life."

"One cannot think well, love well, sleep well, if one has not dined well."

"If you do not tell the truth about yourself you cannot tell it about other people"

Virginia Woolf - Writer

Information about Virginia Woolf—<http://asms.k12.ar.us/classes/humanities/britlit/97-98/woolf/woolf.htm>



### Recent News

On Monday 6th June 2011, 180 people, from all over Scotland, came to hear Ari Ne'eman talk at ARGH in Inverness.

ARGH, in partnership with NHS Highland were delighted to welcome Ari Ne'eman, co-founder of the Autistic Self Advocacy Network and advisor to President Obama's administration, to talk in Inverness:

<http://www.arghighland.co.uk/ari.html>

A video for the new Bike 4 Life project has been made by short Breaks and is now available to view on our homepage at <http://www.lincolnshiresports.com/> You can also find the video along with leaflets to support the programme on the following pages <http://www.lincolnshiresports.com/activity-and-health/bike4life>

The Project is aimed at supporting children with disabilities, but is also ideal for supporting less mobile adults to become more physically active.

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**Drama: 16+** There is a charge (16—19 FREE) - Lincoln College Further details [kbishop@lincolncollege.ac.uk](mailto:kbishop@lincolncollege.ac.uk) The School of Access Admin Office—01522 876309