



# CANadda Newsletter



April 2012

Issue 32

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*Chairperson*

*Mrs Debbie Marshall*

**HAPPY EASTER!!!**

Firstly, I would like to thank Lesley Chester and Sarah Virr from the Lincolnshire Criminal Justice Board who came along to our last months meeting and gave a talk on Hate Crime. The talk on Hate Crime was very interesting and helpful.



Update about my health , I did end up spending another week in hospital but I feel well at the moment and my op date is in April.

I would like to thank Russ so much for running the Lincoln 10K instead of me. I did go and watch the 10K to show my support, I did find it emotional because I wasn't able to take part. If you did not sponsor Russ you will get another chance as he is going to be doing another race in a couple of months, this is going to be running and cycling over the Cairngorms. He is going to raise money for CANadda.

Its Easter! I love Easter normally but not this year as I am not allowed to have any chocolate! My children are looking forward to the Easter Bunnies coming and bringing their Chocolate Eggs.

There is no support meeting in April but please make a note in your dairy as we have Peter Ludlow a Psychologist from Spectrum coming on the 21st of May he is going to do a talk on 'Making the Spectrum Visible'.

## Support Meeting Dates 2012

April — No Meeting.

**21st May (7pm)** Peter Ludlow 'Making the Spectrum Visible' Psychologist

**18th June (7pm)** Games / Social.

**16th July (7pm)** Games / Social.

August—No Meeting.

**17th September (7pm)** ADHD

**15th October (10:30am)** Games / Social.

**19th November (7pm)** Year End Get Together.

Lincoln Rd, Washingborough, LN4 1AT

Refreshments available at a small charge.

### MI Enterprise

This is focussed on supporting people to look at self-employment as a realistic option to achieve gainful work.

The event will be held at St. Francis School, Lincoln. On 18th April 2012.

To book your place email Tim Lloyd at [tim.lloyd@lincolnshire.gov.uk](mailto:tim.lloyd@lincolnshire.gov.uk) Website [www.mienterprise.org.uk/](http://www.mienterprise.org.uk/)



### Tourette's Syndrome

Talk on latest research from Trevor Cotterill—delivered by Mary Peeling, Specialist Teacher.

Thursday 19th April 2012

Bishop Grosseteste University College, Lincoln, Seminar Room 2, Robert Hardy Building.

6pm for 6:30pm start.

For further details and booking please contact—Jane Kay on 7788726000 or [janeKay@bopenworld.com](mailto:janeKay@bopenworld.com)

### **Spectrum**

**Peter Ludlow**

**Consultant Clinical Psychologist**

[http://](http://www.spectrum-psychology.co.uk/)

[www.spectrum-psychology.co.uk/](http://www.spectrum-psychology.co.uk/)

NHS currently undertaking to help improve NHS related services.

The Health survey can be found on this link and there are only 6 questions: <http://www.surveymonkey.com/s/GKK73ZC>

The Ambulance survey can be found on this link and there's only 10 questions: <http://www.surveymonkey.com/s/SXWNN8G>

The outcomes of the surveys are being presented to the Local Information Network and the Health and Wellbeing board which looks at NHS provision. The closing date for the surveys is 19th April.

# Autism Spectrum Disorder

BUPA

<http://www.bupa.co.uk/individuals/health-information/directory/a/autism>

## Dyslexia / Dyscalculia

Walt Disney and Dyslexia

<http://www.audiblox2000.com/walt-disney-dyslexia.htm>

4th National Conference

Dyscalculia and Maths Learning Difficulties

<http://www.dyscalculia-maths-difficulties.org.uk/>

## Dyspraxia / Dysgraphia

Sign e petition to improve training for GPs

[http://www.dyspraxiafoundation.org.uk/news/show\\_news.php?id=91](http://www.dyspraxiafoundation.org.uk/news/show_news.php?id=91)

Dyspraxia symptoms & assessment

<http://www.dore.co.uk/dyspraxia/symptoms.aspx>

NINDS Dysgraphia Information Page

<http://www.ninds.nih.gov/disorders/dysgraphia/dysgraphia.htm>

# ADD/ADHD

ADHD drug tested as autism treatment <http://www.wdtn.com/dpp/health/adhd-drug-tested-as-autism-treatment>

Anger, The Big Bang Theory – ADHD Style <http://blogs.psychcentral.com/adhd-man/2012/03/anger-the-big-bang-theory-%E2%80%93-adhd-style/>

Zach Reynolds: Working twice as hard <http://www.iomtoday.co.im/news/isle-of-man-news/zach-reynolds-working-twice-as-hard-1-4362218>

CANadda Support Meeting



April 2012 - NO MEETING

### Famous Dyslexia Quotes

"If you can dream it, you can do it.  
It's kind of fun to do the impossible".

Walt Disney



"I always felt a bit alone and isolated  
from other people...I did a lot of pretending  
as a child. It was my way of coping  
with the fact that I didn't feel like I fit  
in."

Keanu Reeves  
Actor



### Life Changes Complimentary Therapy Practice

Cognitive Behavioural Therapy Practitioner & professional life Coach

Anger / Stress Management

Specialist Adult ADHD / AS Therapy

Personal Development Coaching

Lisa Leonard S.A.C.Dip FSHTC

Tel: 07780938446

E-mail: [lifechanges@therapist.net](mailto:lifechanges@therapist.net)

### Skegness and District Voice



We are a support group in Skegness set up by parents in this area who have children with special and educational needs. Our aim is to provide support and information through a weekly group that will be held on a Monday morning at the Surestart centre, Brunswick drive 9am till 12 noon. Come for a chat and see what this group can do for you. We hope to bring the magic 123 course to the Skegness area in early April. We also hope to bring guest speakers on adhd, autism and their relative comorbidities. I myself have a eight yr old son who has adhd, odd, dyspraxia and found that for a long time I felt alone and isolated purely because of the lack of information and support in this area. You can contact us on email [dhunter474@btinternet.com](mailto:dhunter474@btinternet.com) or phone us on 07944534754.