



CANadda Newsletter



August 2012

Issue 36

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Chairperson—Mrs Debbie Marshall

The Olympics have started go GB, if you missed the opening ceremony it was very different and the children were so brave what an experience for them!

Some exciting news! I was asked to go along and give some training to the Police. I went recently for the first time, it was really good experience and I enjoyed it. I am looking forward to doing it again!

There is no support meeting in August but we have Bowling instead, you are very welcome to come along but please let me know if you are coming and how many, as I will need to book you in (Children are welcome to join in too!). Also we are going to be at Whisby Natural Park

this Monday coming, we are meeting at 11am

and staying for a picnic, everyone is welcome including children.



Whatever your plans are over the summer holidays, whether you are going away or staying at home, I hope you have a nice holiday .

Don't forget there is no support meeting in August but make a note in your dairies as Lisa Leonard ADHD Life Coach and CBC Practitioner coming to us on the 17th of September 2012.



CANadda

SORRY!

No Support Meeting

August

Support Meeting Dates 2012

August—No Meeting.

17th September (7pm) ADHD Lisa Leonard ADHD Life Coach and CBC Practitioner.

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

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

December -No Meeting.

Methodist Church, Lincoln Rd, Washingborough, LN4 1AT

Dates for your Diary

Monday 30/07/12 Whisby Natural Park 11am.

Monday 20/08/12 Bowling 11:30am.

More details to follow.

'One day we will look back on all the therapies, the appointments, the lack of sleep, the tears, the tantrums, the triumphs, the milestones, the ignorance, the awareness, the drama, the acceptance, the struggle, the heartache, the strength, the love..and then we will smile because all of these things made the journey worth every second.'

Autism Spectrum Disorder, through my eyes

My Choice My Care

Adult Social Care Team on 01522 782155

Emergency Duty Team on 01522 782155

The Autism page is still being improved.
www.MyChoiceMyCare.org.uk

Lincolnshire County Council

CANadda's AGM

Friday 21st September 2012, 10am at Washingborough Church. You are welcome to join us.



Dyspraxia Awareness Week 24th—30th September 2012

Developmental Dyspraxia

http://en.wikipedia.org/wiki/Developmental_dyspraxia This was last modified on the 25 / 7 /12.

Autism Spectrum Disorder

Females with Asperger's Syndrome (Non-Official) Checklist. This is a non-official checklist created by an adult female with Asperger's Syndrome who has a son with Asperger's Syndrome. <http://aspergersgirls.wordpress.com/2012/03/31/day-62-females-with-aspergers-syndrome-nonofficial-checklist/>

Autism and Sensory Processing Disorder <http://familyandautism.com/2012/07/25/autism-and-sensory-processing-disorder/>

Digit ratios
<http://www.wrongplanet.net/postx168798-30-0.html&sid=7327bd559eba386051be04c6f7f53266>

Dyslexia / Dyscalculia

Dyslexia NHS—<http://www.nhs.uk/conditions/dyslexia/pages/introduction.aspx>

Dyscalculia—<http://blog.iansyst.co.uk/tag/dyscalculia/>

Dyspraxia / Dysgraphia

Symptoms of Dyspraxia in Adults NHS

<http://www.nhs.uk/Conditions/Dyspraxia-in-adults/Pages/Symptoms.aspx>

Symptoms of Dyspraxia in Children NHS

<http://www.nhs.uk/Conditions/Dyspraxia-%28childhood%29/Pages/Symptoms.aspx>

Adults Speech & Language Therapy

<http://www.westhertshospitals.nhs.uk/ourservices/speech.asp>

ADD/ADHD

Common Behaviours Teenagers with ADD/ADHD and Ideas How to Help <http://www.adders.org/info126.htm>

Some people want to help but they don't know how <http://blogs.psychcentral.com/adhd-man/2012/07/some-people-want-to-help-but-they-don%E2%80%99t-know-how/>

3 Steps for a successful ADHD marriage <http://www.goodtherapy.org/blog/successful-marriage-adhd-adults-0718122>

Famous Bipolar Quotes

"I went to a doctor and told him I felt normal on acid, that I was a light bulb in a world of moths. That is what the manic state is like".

"I'm fine, but I'm bipolar. I'm on seven medications, and I take medication three times a day. This constantly puts me in touch with the illness I have. I'm never quite allowed to be free of that for a day. It's like being a diabetic".

"The manic end of is a lot of fun".

"Drugs made me feel more normal".

Carrie Fisher—Actress



Our Voices,

Our Choices

Linkage Community Trust

This book Our Voices, Our Choices has been produced by Linkage Community Trust and is available to buy. This book is out in some shops now – Oldrids, Grantham and Boston; Waterstones at Cornhill Exchange, Lincoln, and Pennells shortly.

It should also be available online now if not shortly.

ADHD

Awareness

Week 14th—

20th October 2012.



Dyslexia Awareness Week 8th—14th

October

2012.



Autism Aware Charity Ball

On Friday November 9th we will be hosting a charity ball at the Alton Towers Resort in their beautiful state room.

<http://www.autismaware.co.uk/autism-aware-ball/>

The evening will include

- Welcome drink
- Fabulous 3 course meal
- Live entertainment
- Live raffle

All proceeds will be donated to The National Autistic Society & Staffordshire Adults Autistic Society.