



# CANadda Newsletter



December 2012

Issue 40

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*Chairperson*

*Mrs Debbie Marshall*



We are nearly at the end of another year. I would like to thank you for your support in 2012. I am looking forward to 2013 as we have an exciting year planned.

Even though our next support meeting isn't going to be until March next year, I am very busy as I do a lot of other work to do with CANadda.

Our last meeting was a lovely evening, it was good to see old and new faces and we all enjoyed eating the food.

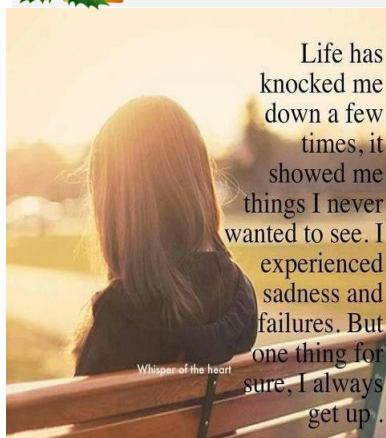
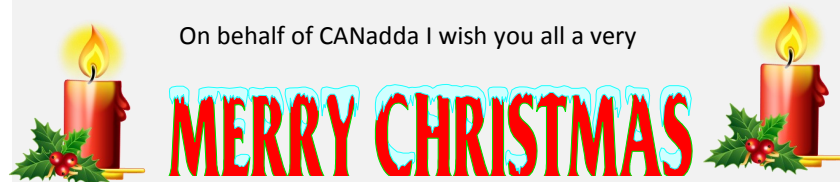
Another brilliant Lincoln Autism Conference last month if you were fortunate to have attended. Dean Beadle was one of the speakers and if you have never had the pleasure of hearing him you can have a chance to now. [Dean Beadle "Being Dean: Living with Aspergers"](#)



[www.youtube.com](http://www.youtube.com)

Recorded live at Autism Cymru's 4th international conference at Cardiff City Hall (21/6/11), acclaimed speaker and successful journalist Dean Beadle shares his day-to-day experiences with Aspergers Syndrome.

On behalf of CANadda I wish you all a very



**Geoff Evans**

**Friday 19th July 2013**

**9:45am to 2:15pm**

**Washingborough**

**Methodist Church**

**Talk about Sensory**

**More details to following.**

*CANadda*

**Sorry**

There is no support meeting in December.



*This is not counselling or any form of therapy.*

## Support Meeting Dates 2012

**December**—No Meeting.

**January**—No Meeting.

**February**—No Meeting.

**18th March (7pm)** David Smalley New Children's & Adult Services that have been developed within the Cambian Group.

**15th April (7pm)** Clare Parker Carers Team Co-Ordinator.

**20th May (7pm)** Valerie Haslam Retired Specialist Dyslexia Teacher, a Talk on Phonics.

**17th June (TBC)**

**15th July**—No Meeting, the meeting is being held instead on Friday 19th at 9:45am.

**August**—No Meeting.

**16th September (TBC)**

**October**—No Meeting.

**18th November (7pm)** Year End Get-together.

**December**—No Meeting.

Methodist Church, Lincoln Rd, Washingborough, LN4 1AT

**Social Dates for your Diary**

**Saturday ? February**—Bowling @ 5pm (TBC)

# Autism Spectrum Disorder

The Benefits of Asperger's Syndrome

<http://www.yourlittleprofessor.com/benefits.html>

## Dyslexia / Dyscalculia

Learn more about dyslexia with my special book, explaining everything you need to know about dyslexia from a dyslexic.

<http://www.lulu.com/shop/steven-milner/dyslexia-way-of-thinking/paperback/product-15647762.html>

## Dyspraxia / Dysgraphia

An article from the Bournemouth Echo [http://www.bournemouthecho.co.uk/news/10039640.It\\_s\\_sweet\\_success\\_for\\_Muscliffe\\_siblings\\_with\\_charity\\_invitation/](http://www.bournemouthecho.co.uk/news/10039640.It_s_sweet_success_for_Muscliffe_siblings_with_charity_invitation/)

## ADD/ADHD

9 Ways for Adults with ADHD to Get Motivated  
<http://psychcentral.com/blog/archives/2012/11/26/9-ways-for-adults-with-adhd-to-get-motivated/>

Manchester ADHD charity claim media lied about medication turning children into 'zombies' – new research agrees

<http://mancunianmatters.co.uk/content/02116512-manchester-adhd-charity-claim-media-lied-about-medication-turning-children-%E2%80%98zombies>

Attention Deficit Disorder (ADHD) Test  
<http://psychcentral.com/addquiz.htm>

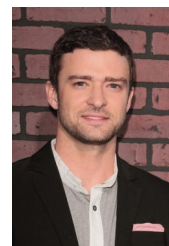
Inquest into Gainsborough schoolboy's tragic suicide  
<http://www.gainsboroughstandard.co.uk/news/local-news/inquest-into-gainsborough-schoolboy-s-tragic-suicide-1-5158875>

13 Facts About People with ADHD  
<http://blogs.psychcentral.com/adhd-man/2012/11/people-with-adhd-are/>

## Famous OCD / ADHD Quote

"My earliest memories as a kid was I would always try to make my mom and my stepdad laugh at dinner. Or make my friends laugh in class. And I don't know, it's something I just really enjoy doing." Timberlake continues to enjoy the excitement of live performances, as well. He even still gets butterflies right before taking the stage. "It's not like, 'Oh my God, I hope I do good.' You just kind of get caught up in the electricity of it," says Timberlake. "And when that stops happening, you should stop. It's addictive, you know what I mean?"

Justin Timberlake Singer and Songwriter.

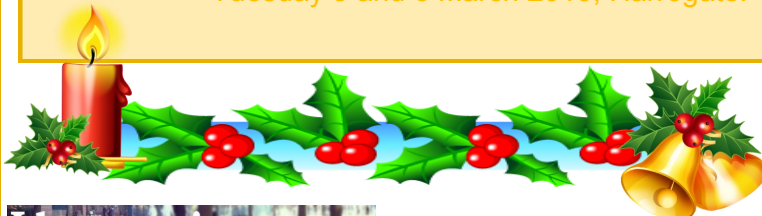


## Professional Conference 2013



Professional Conference 2013, including the full programme and list of speakers, visit [www.autism.org.uk/conferences/professional2013](http://www.autism.org.uk/conferences/professional2013)

Tuesday 5 and 6 March 2013, Harrogate.



## A Dyscalculia Conference

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

## Gainsborough & Morton 10K

**Sunday 17th March 2013**

I Debbie Marshall am running the Gainsborough & Morton 10K. I am raising money for CANadda, any sponsors are much appreciated!



If you would like to make a donation to CANadda we have a link on the web site.  
[www.canadda.org.uk](http://www.canadda.org.uk)