



CANadda



Lincolnshire Learning Disability Coalition



Newsletter

March 2013

Issue 43

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Chairperson - Mrs Debbie Marshall

You will be pleased to know our support meeting is back on, our first one is on Monday 18 March at 7pm. The Cambian Group are coming to tell us about their new children's and adult services that have been developed. I am sure the meeting will be very interesting otherwise you are welcome to come along for a chat and a catch up, everyone is welcome.

Our last bowling night was a big success. Congratulation to Neil Isherwood who won and Jade Smethurst who came second. We all had a wonderful and fun evening meeting new people as well as catching up with the regulars. Pictures will be on the web site soon. We plan on having another bowling night in May, date to be confirmed.

Thank you to everyone who has already filled in the Autism Strategy consultation, if you haven't yet there is still time for you to do so. Remember This Autism Strategy Consultation is very important please help and support this by filling in the easy read form or on line, thank you.

Don't forget we have Geoff Evans coming to do a talk about Sensory Issues on Friday 19th July, more details to follow next month.



Spring

Spring is here and hopefully we will start to get some warmer weather soon.



Lincoln 10K Road Race

Sunday 7th April 2013

Amber Smethurst is kindly going to run the Lincoln 10k on behalf of CANadda to help raise funds for us. We are very grateful for her time and effort to support CANadda, thank you!



Gainsborough & Morton Striders 10K Road Race

Sunday 17th March 2013

I, Debbie Marshall am running the Gainsborough & Morton 10K this year. I haven't done this one before and I am looking forward to running in the race. I am raising money for CANadda, any sponsors are much appreciated! If you would like to sponsor me please send your cheques payable to CANadda to the Washingborough Methodist Church, thank you!



CANadda

Monday 18 March



Cambian Group—Mr David Smalley

This is not counselling or any form of therapy.

Support Meeting Dates 2012

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.

19th July (9:45am) Geoff Evans, a talk about Sensory Issues.

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 ? May—Bowling @ 5pm.

Sunday 9 June - Summer Bazaar starts 2pm.



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Autism Spectrum Disorder

(NAS) Sex education and children and young people with an ASD <http://www.autism.org.uk/living-with-autism/communicating-and-interacting/sex-education-and-children-and-young-people-with-an-asd.aspx>

Dyslexia / Dyscalculia

(CBBC Newsround) Try Being Me – NR's interactive dyslexia experience <http://www.bbc.co.uk/newsround/20789777>

5th National Dyscalculia & Maths Conference <http://www.dyscalculia-maths-difficulties.org.uk/conference-2013/conference-details>

Dyspraxia / Dysgraphia

What is dyspraxia? <http://www.netdoctor.co.uk/ate/childrenshealth/200474.html>

What Is the Difference Between Dyslexia and Dysgraphia? <http://www.wisegeek.com/what-is-the-difference-between-dyslexia-and-dysgraphia.htm>

ADD/ADHD

Revisiting ADHD (ADD) with Dr. Russel Barkley: Attention Deficit Disorder or "Executive Function Deficit Disorder" <http://newswatch.nationalgeographic.com/2013/02/24/revisiting-adhd-add-with-dr-russel-barkley-attention-deficit-disorder-or-executive-function-deficit-disorder/>

How to Pick an ADHD Therapist Who's Right for You <http://psychcentral.com/blog/archives/2013/02/23/how-to-pick-an-adhd-therapist-whos-right-for-you/>

Managing ADHD without medication <http://www.sheknows.com/health-and-wellness/articles/985323/managing-adhd-without-medication>

Mouse Study Links High-Fat Diets, ADHD and Obesity <http://psychcentral.com/news/2013/02/21/mouse-study-links-high-fat-diets-adhd-and-obesity/51790.html>

Is it ADHD or anxiety? How adults are diagnosed <http://www.wkyc.com/news/health/article/284658/7/Is-it-ADHD-or-anxiety-How-adults-are-diagnosed>

ADHD & Relationships: 10 Strategies for Overcoming Common Obstacles <http://psychcentral.com/blog/archives/2013/02/15/adhd-relationships-10-strategies-for-overcoming-common-obstacles/>

The Department for Education Has just published 'The Young Person's Guide to the Children and Families Bill, which is available at <https://www.education.gov.uk/publications/standard/publicationDetail/Page1/DFE-00020-2013>

Famous ADD Quote

I don't think human beings learn anything without desperation. Desperation is a necessary ingredient to learning anything or creating anything. Period. If you ain't desperate at some point, you ain't interesting.



Jim Carrey—Actor, Comedian, and Producer.

World Autism Awareness Day 2 April 2013



Join a Support Group for Grandparents of Children with Autism!

The Grandparent Autism Network is an all-volunteer, non-profit organization that supports grandparents of children with autism and their families. GAN's mission is to promote awareness and understanding of autism and to enhance the resources essential to community responsiveness. Grandparents can register for cost-free, e-membership, on the Grandparent Autism Networks, website, at <http://www.ganinfo.org>

Members receive quarterly newsletters addressing issues that impact grandparents and suggest how to improve the quality of life for their families. The best information comes from other grandparents.

Student Questionnaire

I am a third year psychology student needing help in my dissertation, which is to assess the perceptions people hold of autism. All ethical approval has been granted by the University of Lincoln and your ethical rights are highlighted within the link, including anonymity. The questionnaire will take approximately 15 minutes of your time.

If you are willing to participate within the study please complete the questionnaire via the link below.

https://lincolnpsych.eu.qualtrics.com/SE/?SID=SV_4Zu0WpQos6iEdff

Research

Volunteers Needed for ADHD Study and Dyslexia in the Workplace Research

<http://www.bdadyslexia.org.uk/news/research.html>



parents autism workshops & support

Location: University of Lincoln, Riseholme Park. LN2 2LG

Workshop 1: Thursday 16th May 2013 (10am - 3.00pm)

Workshop 2: Thursday 13th June 2013 (10am - 3.00pm)

Workshop 3: Thursday 18th July 2013 (10am - 3.00pm)

Our website is <http://paws.dogsforthe-disabled.org/>

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