

# CANadda Newsletter



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Tel: 01522 716899

Web Site: www.canadda.org.uk

Email: debbie.canadda@yahoo.co.uk

#### Debbie Marshall

#### Chairperson

I am pleased to announce one of our new services, Cuppa Wednesday will be starting on Wednesday 26th February 2014 at 10:30am to 11:30am at Queens Park Community Hub. Please come along and join me for a chat, coffee and cake (drinks, etc. can be purchased from the café). More details to follow soon.

Our next bowling event is Saturday February 22nd. Please let me know if you are coming and I will also need to know what meal you would like in advance as you will need to book a place. I have recently received a carers grant which will enable carers to go for free, please contact me for further details.

Just to warn you that we are currently in the process of changing our email address. Our new email address will be canadda@canadda.org.uk. Please continue to use the old one for the time being.











#### **SOCIAL EVENTS**

Saturday 22nd February—Bowling.



### New Services

## Cuppa Wednesday



Starting 26th February 2014

&



An Open

Door Service

Starting Soon

#### **CANadda**

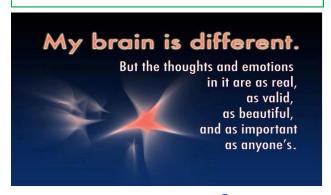
Queens Park Community Hub South Park, Lincoln, LN5 8EW.

#### Aladdin

'relaxed' performance Lincoln Drill Hall

Sunday 28th December 2014 @2.00pm

With our 'Early Bird' offer of £2.50 on until 31st July 2014 it is a great time to book. http://www.lincolndrillhall.com/events/aladdin



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The Kindest Label - Female Aspergers Awareness film http://www.youtube.com/watch? v=Ctn6uBmUVqk&feature=share

e-petition Awareness of Aspergers Symptoms symptoms in Females <a href="http://epetitions.direct.gov.uk/">http://epetitions.direct.gov.uk/</a> petitions/55002

Autism, Asperger's Syndrome and the Gluten Free Diet http://life-with-aspergers.blogspot.co.uk/2014/01/ gutism-aspergers-syndrome-and-gluten.html

### Dyslexia / Dyscalculia

What's It Like Being Dyslexic? http://www.youtube.com/ watch?v=IEpBuidee8M

The Dyscalculia Centre <a href="http://www.dyscalculia.me.uk/">http://www.dyscalculia.me.uk/</a>

### **Developmental Coordination Disorder** (Dyspraxia) / Dysgraphia

Dyspraxia http://www.youtube.com/watch? v=ssfbXEc3tKc&feature=share

Dysgraphia EDP 256 <a href="http://www.youtube.com/watch?">http://www.youtube.com/watch?</a> v=1Z9BLSimcHQ



ADHD: it's not just for children http:// www.theguardian.com/society/2014/jan/07/adhdattention-deficit-hyperactivity-adults

Think You Might Have Adult ADHD? http:// adultadhdblog.wordpress.com/

10 Strategies for Helping Kids with ADHD Build Self-Confidence <a href="http://psychcentral.com/blog/">http://psychcentral.com/blog/</a> archives/2014/01/02/10-strategies-for-helpina-kidswith-adhd-build-self-confidence/



#### Famous ADHD Quote

I remember once I went to a petting zoo with a summer play scheme during the holidays. I started pulling the hair out of a little pig. The people who were looking after the animals were horrified but I thought I was just a typical kid.

Sleeping was an issue for me. Mum said as a baby I never slept and I still have problems now. I tend to sleep better when I share a bed with someone else. When my ex-girlfriend used to stay over, I would get a good night's rest.

I still get bored in the middle of the night though. Quite often, I watch TV, which I used to do as a boy. When I was at school I tried to turn the TV on quietly when everyone was in bed.

I started gymnastics when I was four because my mum thought it would be a good way for me to burn off energy and give me some discipline.

Louis Smith: **British Olympic Gymnastics** 

Louis Smith: How my ADHD helped me to Olympic glory http://www.mirror.co.uk/lifestyle/

health/louis-smith-how-adhd-helped-2137169#.UualaytFDGa

Living With ADHD | My Secret Past | Channel 5 http://www.channel5.com/shows/my-secret-past/episodes/louis -smith-living-with-adhd?show ios message=true

#### The 11th Lincolnshire **Autism Conference**

Thursday March 27th 2014 The Petwood Hotel Woodhall Spa. Janet.corcoran@talk21.com The Lincolnshire Autistic Society 01775 821213

