



# CANadda Newsletter



February 2014

Issue 54

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**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](mailto:canadda@canadda.org.uk). Please continue to use the old one for the time being.



## SOCIAL EVENTS

Saturday 22nd February—Bowling.



## Aladdin

'relaxed' performance  
Lincoln Drill Hall

Sunday 28<sup>th</sup> December 2014 @2.00pm

With our 'Early Bird' offer of £2.50  
on until 31<sup>st</sup> July 2014 it is a great time to book.

<http://www.lincolndrillhall.com/events/aladdin>

## New Services

### Cuppa Wednesday



Starting 26th  
February 2014



&



An Open  
Door Service

Starting Soon

CANadda

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

**My brain is different.**

But the thoughts and emotions  
in it are as real,  
as valid,  
as beautiful,  
and as important  
as anyone's.

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# Autism Spectrum Disorder

The Kindest Label - Female Aspergers Awareness film

<http://www.youtube.com/watch?v=Ctn6uBmUVgk&feature=share>

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

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

## Dyslexia / Dyscalculia

What's It Like Being Dyslexic? <http://www.youtube.com/watch?v=IEpBujdee8M>

The Dyscalculia Centre <http://www.dyscalculia.me.uk/>

## Developmental Coordination Disorder (Dyspraxia) / Dysgraphia

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

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

## ADD/ADHD

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

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

10 Strategies for Helping Kids with ADHD Build Self-Confidence <http://psychcentral.com/blog/archives/2014/01/02/10-strategies-for-helping-kids-with-adhd-build-self-confidence/>

It's  
**autism**  
NOT  
bad parenting

Autism Spectrum Disorder, through my eyes

## 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#.UualqvtFDGg>

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](http://www.channel5.com/shows/my-secret-past/episodes/louis-smith-living-with-adhd?show_ios_message=true)

## The 11<sup>th</sup> Lincolnshire Autism Conference

Thursday March 27<sup>th</sup> 2014  
The Petwood Hotel Woodhall Spa.  
[Janet.corcoran@talk21.com](mailto:Janet.corcoran@talk21.com)  
The Lincolnshire Autistic Society  
01775 821213

A 'WANTED' poster for the Peterborough Autism Conference. The poster features a grid of logos for various franchises including Batman, Disney Princess, Superman, Star Wars, Iron Man, E.T., Ghostbusters, Spider-Man, Halo, and Power Rangers. The text on the poster reads: 'WANTED', 'THE ONLY FILM AND TV EVENT IN THE WORLD ESPECIALLY FOR VISUALLY IMPAIRED AND DISABLED PEOPLE', 'PETERBOROUGH OCTOBER 18TH 2014 11AM-6PM', and 'CAN YOU HELP? EMAIL JJ EXTREMECLOWNING@HOTMAIL.CO.UK'.