



CANadda Newsletter



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Tel: 01522 716899


Web Site: www.canadda.org.uk


Email: canadda@canadda.org.uk


Debbie Marshall

Chairperson

 It won't be long until it's Halloween. At our Holiday Club on Tuesday 27 October we will be doing some Halloween activities. Please be aware we have changed our name from Holiday Wednesday Club to just Holiday Club so we can be more flexible about when we can do them. We also have a new game table top football and I am sure this is going to be a lot of fun!

 CANadda's next bowling event will be Saturday 17th October 2015 @ 5pm. Don't forget to book your place, we still have spaces.

 By the time this newsletter reaches you I will have finished my Asperger's talk. I just want to thank people for coming and supporting me.

 CANadda visited Grantham on Saturday 12 September. Thank you to those who came and supported CANadda and I shall look forward to coming next year to the Tollemache Inn.

I hope you have a good month keep safe and I shall see you soon!




Snow White & the Seven Dwarfs Lincoln Drill Hall


The date of the performance is: Monday 28th December 2015 at 2.00pm


The Lincoln Drill Hall each year set aside a performance with families with children or relatives with special needs called the relaxed performance. The lights in the theatre are raised slightly and the music is lower and there is no pressure to stay in your seat! We feel it is very important the theatre should be accessible for everyone and nobody should miss out or be made to feel uncomfortable.

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SOCIAL EVENTS

 **Cuppa Wednesday** - Every Wednesday (Term Time Only) at 10:30am to 11:30am.

 **Holiday Club** — Tuesday 27 October 2015, 10am to 12pm.

 **Christmas Lunch** - December TBC.
Queens Park Community Hub, South Park, Lincoln, LN5 8EW.

 **Bowling** —Saturday 17th October 2015 @ 5pm.

Lincoln Bowling, Washingborough Road, Lincoln, LN4 1EF.

 **Autism Support Coffee Meeting**—Saturday 24 September 2015 @ 3.45pm to 5pm.

The Angel Coffee House, Free School Lane, Lincoln LN2 1EY

CANadda

Fund Raising Events

CANadda will be attending the following events as we are a non profitable organisation and we have to raise our own funds to keep CANadda going. We hope you will come along and support us, thank you!

Branston Xmas Market, Saturday 28th November 2015, Branston.

Christmas Bazaar, Tuesday 1st December 2015, Queens Park Hub, South Park, Lincoln, LN5 8EW.

Heighington Xmas Market, Sunday 6th December 2015, High Street, Heighington.



Autism Support Coffee Meeting

Saturday 24 October 2015 3.45pm.

The Angel Coffee House Free School Lane, Lincoln, LN2 1EY

A place for people with autism and their parents, siblings, or carers to meet and become friends with other people with experience of autism, and get advice off both them, and adults with autistic spectrum disorders.



Autism Spectrum Disorder

Medline Plus Trusted Health Information for you.

<http://www.oakleafmedical.co.uk/Library/Conditions/Articles/autistic-spectrum-disorder/symptoms>

Dyslexia / Dyscalculia

This font shows you what it feels like to be dyslexic

<http://www.wired.co.uk/news/archive/2015-06/18/font-shows-what-dyslexia-is-like>

Understanding Dyscalculia

<http://www.oxfordtoday.ox.ac.uk/interviews/understanding-dyscalculia#>

Developmental Coordination Disorder (Dyspraxia) / Dysgraphia

What My Son's Dyspraxia Taught Me About His Autism

http://www.huffingtonpost.co.uk/matt-davis1/autism-in-children_b_8145706.html

Dysgraphia Help vs. an Educational Psychologist

<http://www.schoolworld.org.uk/?p=4467>

ADD/ADHD

Young people may NOT grow out of ADHD: Many of those diagnosed suffer memory problems even as adults, scans reveal <http://www.dailymail.co.uk/health/article-3217170/Young-people-NOT-grow-ADHD-diagnosed-suffer-memory-problems-adults-scans-reveal.html>



Temple Grandin, Professor, Author, Activist and Consultant.

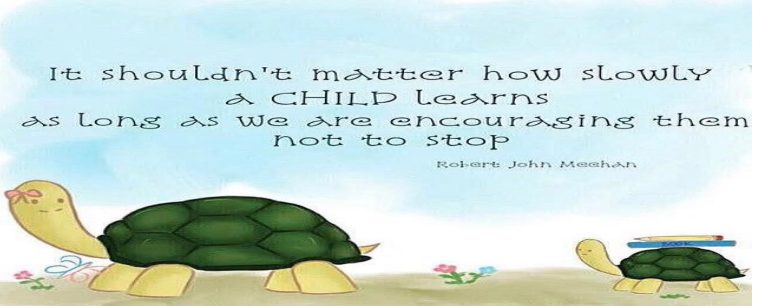
Autism Quote

"Normal people have an incredible lack of empathy. They have good emotional empathy, but they don't have much empathy for the autistic kid who is screaming at the baseball game because he can't stand the sensory overload. Or the autistic kid having a meltdown in the school cafeteria because there's too much stimulation".



Read more at <http://www.brainyquote.com/quotes/quotes/t/templegran451384.html#7D0267oPoEUHQpld.99>

Reference: http://www.brainyquote.com/quotes/authors/t/temple_grandin.html



Activities 4 All

Lincolnshire Sport is once again running Activities 4 All at Dean's Sport, Lincoln College, Lincoln on Sunday, 4th October 2015 10:00 – 15:00 (participants can arrive and depart when they wish) it is free to enter and participants will get a gel wrist band, certificate and medal if they wish.

We have numerous sports and activities run by either the NGB or the leading club for that sport in the county, laser tag, 4x4 wheelchairs, massages and spa facilities for everyone to participate/enjoy all running throughout the day.

We have various information stands and support groups including Evans Halshaw, Ford (various cars on display) and we still have space for several more stands. If you wish to attend (it's free) please email me and I'll send you a booking form.

Last year we had over a hundred and twenty people who declared that they had a disability and over 300 people participating throughout the day, we expect this to grow from last year. We have added the following sports and activities in addition to last years: 4x4 wheelchair buggies, spa facilities, fitness suite, tennis (wheelchair, deaf, visual and learning), shooting, sumo suits, and swimming (pool temperature 34 degrees).

Website on www.lincolnshiresport.com/activities4all