



CANadda



Newsletter

August 2016

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Debbie Marshall

Chairperson

Already the Summer holidays are here. Please be aware I do have sometime away from CANadda over the Summer period so it may take a little longer to get back to you.

I attended a Health day at Branston Village for the first time and I found the day very interesting. It was lovely meeting new people and hearing from them they have heard of CANadda.

Tom (Vice Chairperson) has decided due to the holidays will not hold an Autism Support Coffee Meeting in August but he will be back in September.

The Cuppa Wednesday meet ups will be back in September due to the holidays. Cuppa Wednesday will be back on Wednesday 7th September.

I hope you can come along and support the Fun Day on Saturday 13 August. There will be lots going on for everyone to join in the fun rain or shine.



CANadda - LINCOLN

SOCIAL EVENTS

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

 **Fun Day** - Saturday 13 August 2016, 11am to 4pm.

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

 **Social meet up**—Saturday 10 September, 1pm
George Hotel (Nr Grantham), 20 High Street, Leadenham, Lincoln, LN5 0PN

 **Bowling**—Saturday 8 October 2016, 5pm. TBC.
Lincoln Bowling, Washingborough Road, Lincoln, LN4 1EF

 **'Don't Judge You Don't Know Me'** - Asperger's Talk, Friday 14 October 2016.
Washingborough Methodist Church, Lincoln, LN4 1AT

Supporting Minds

Counselling Services

The Terrace, Grantham Street
Lincoln, LN2 1BD

[01522 274 151](tel:01522274151) / [07522 817 992](tel:07522817992)

<http://www.supportingminds.com/services.html>

£10 per session. Sessions are an hour long.

DON'T JUDGE

YOU DON'T KNOW ME



DEBBIE MARSHALL

TALK ABOUT ASPERGER'S

14 October 2016

This unique presentation is to educate people about the condition. It has been put together by Debbie Marshall as she wants to invite you into her exclusive world of having Asperger's from a personal perspective. This talk focuses on Sensory, Anxiety and a Meltdown in detail. For more information contact *CANadda*

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How can we improve support for carers?

Department Health <https://consultations.dh.gov.uk/carers/how-can-we-improve-support-for-carers>

Autism Spectrum Disorder

Bluebird to publish memoir on 'the female experience of autism'

[Bluebird to publish memoir on 'the female experience of autism' | The Bookseller](#)

Why Liverpool is bidding to become an autism-friendly city <https://www.theguardian.com/social-care-network/2016/jul/12/liverpool-autism->

Dyslexia / Dyscalculia

Dyslexia study day highlights need for reasonable adjustments

[Dyslexia study day highlights need for reasonable adjustments](#)

What are the Causes of Developmental Dyscalculia?

[What are the Causes of Developmental Dyscalculia? — Centre for Neuroscience in Education](#)

Developmental Coordination Disorder (Dyspraxia) / Dysgraphia

HOW I MADE IT: Melissa Shepherd on Booster Book [HOW I MADE IT: Melissa Shepherd on Booster Book](#)

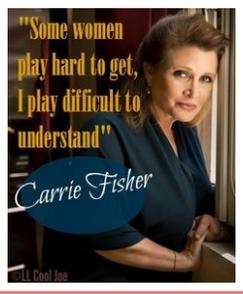
GUEST POST: Scribbling Out Dysgraphia - Beating Learning Disabilities With Adaptive Study Methods <http://www.learningscientists.org/blog/2016/7/26-1>

ADD/ADHD

Adult ADHD: 5 More Tips for Managing Technology [Adult ADHD: 5 More Tips for Managing Technology | World of Psychology](#)

Carrie Fisher, actress, bipola, Quote.

I always wrote. I wrote from when I was 12. That was therapeutic for me in those days. I wrote things to get them out of feeling them, and onto paper. So writing in a way saved me, kept me company. I did the traditional thing with falling in love with words, reading books and underlining lines I liked and words I didn't know.



Reference: http://www.brainyquote.com/quotes/authors/c/carrie_fisher.html

MEET UP



George Hotel (Nr Grantham)

20 High Street, Leadenham, Lincoln, LN5 0PN

Saturday 10th September @ 1pm

<http://www.thegeorgeatleadenham.co.uk/>

I can meet you outside the Hotel



Proloquo2Go

Proloquo2Go Symbol—based AAC on the App Store [Proloquo2Go - Symbol-based AAC on the App Store](#)

Proloquo2Go on iPad Demo [Proloquo2Go on iPad Demo](#)

Lincoln Odeon—Autism Friendly

The Secret Life of Pets—Tuesday 9th August

Finding Dory - Sunday 14th and Tuesday 16th August

Jason Bourne - Monday 15th August

Asterix & Obelix: Mansion of the Gods—Tues 23rd August

<http://www.odeon.co.uk/accessibility/autism-friendly-cinema-screenings/>