



## Thomley Notice Board

*This is the 8<sup>th</sup> edition of our "notice board" which aims to pass on information that we think might be useful. Please note that we cannot verify the quality of the services offered and recommend that you find out further information directly from the organisers.*

### Events

**Soundabout Family Music Sessions** for all children with severe and complex learning disabilities, aged 16 and under with their families and carers. £10 for each child with a disability, refreshments are provided although you would be more than welcome to bring a picnic for after the session.

The dates for the sessions are: -

- Saturday 6<sup>th</sup> November and Saturday 11<sup>th</sup> December - 10.30am to 12.30pm for mobile children and 2pm to 4pm for wheelchair users.
- Saturday 16<sup>th</sup> October and Saturday 27<sup>th</sup> November - 2pm to 4pm for children aged 8 years and under.

To book please call 01844 338898 or email [info@soundabout.org.uk](mailto:info@soundabout.org.uk)

### Training

**Autism workshops – Behaviour; Sleep; Outings – Hillingdon Autistic Care and Support, Hayes**

Hillingdon Autistic Care and Support and the Hillingdon Community Trust are sponsoring a number of workshops in collaboration with Attention Autism. The workshops are for professionals and parents of pre-school and primary school age children with a diagnosis of an autism spectrum disorder. The workshops will be presented by Gina Davies who has over 25 years of experience in the field of autism.

There is a cost of £20 per parent per workshop or £25 per professional per workshop. The 3 workshops are on the following dates: -

- 23<sup>rd</sup> September - 10am - 12:30pm - Behaviour - Let's tackle some!
- 21<sup>st</sup> October - 10am - 12:30pm - Sleep - Let's get some!
- 25<sup>th</sup> October - 10am - 12:30pm - Let's go on some!

For more information or to book please contact [enquiries@hacs.org.uk](mailto:enquiries@hacs.org.uk) or call 0208 6066780.

**Challenging Behaviour Training for Parents in Oxfordshire - September 2010 to July 2011.**

These courses have been running for the past 4 years in Oxfordshire and have been well received by parents. The course runs over 3 weeks and they aim to look at:

- ways of helping your child calm down
- preventing further outbursts
- the feelings your family may have around difficult behaviours
- understanding the process behind changing behaviours
- exploring ways of finding support
- sharing and learning from other parents.

The courses are fairly informal and are run in several locations throughout Oxfordshire. For more information and for booking, go to: <http://www.help-us-with-harry.co.uk/>

### Activities

**National Autistic Society - Social Evening for parents and adults over 16 with ASD - Wednesday 15<sup>th</sup> September - 7:30pm - 9:30pm**

The dates for the next few meetings of the adult's social group are as follows:

- 13<sup>th</sup> October - Cooking
- 17<sup>th</sup> November - Money Management
- 15<sup>th</sup> December will be a Christmas event- (to be confirmed)

This group continues to meet at Verney Ave School, Verney Avenue, High Wycombe HP12 3NE. **(NB - Parking in car park or on pavement. DO NOT park in the road as you will get clamped as it is a private road)**

If you would like more information please email Katie [khedges@live.co.uk](mailto:khedges@live.co.uk) or Heather on [southbucks@nas.org.uk](mailto:southbucks@nas.org.uk).

### **Autism Friendly Screenings - Empire Cinema - Crest Road, High Wycombe, HP11 1UA**

The first screening is to be Toy Story 3 in 2d, where house lights will be on, lower volume and no adverts/trailers will be shown. Standard prices apply. Toy Story is scheduled to start at 4pm, which is a quieter time of day at the cinema over the weekend, so hopefully this will also help those who struggle with the bustle of lots of people.

Scheduled dates are as follows: -

- Sunday October 10<sup>th</sup>
- Sunday November 14<sup>th</sup>

For more info on the cinema visit [www.empirecinemas.co.uk](http://www.empirecinemas.co.uk), or for more information on the adaptation of the screening contact [simonemonk@aol.com](mailto:simonemonk@aol.com).

### **Parent Carer Forums - Families with disabled children**

#### **Autism Oxford presents 'Asperger's Syndrome: The Inside Story' - Milton Keynes - Saturday 9<sup>th</sup> October (10:15am for 11am-4:00pm)**

The conference has a selection of people with Asperger's Syndrome wishing to pass on insightful information and strategies to help others. The afternoon will include a question and answers session. Marc Fleisher is diagnosed with Asperger's Syndrome, is author of two books and has spoken at several National and International conferences. Other young people with Asperger's Syndrome will also be talking; Patrick Mills, Matthew Bratt, Stephen Erangey, Catherine Green, James Rawlings, Lindsay Smith and Paul Isaacs.

The conference is priced at £30 for professionals; £20 for family members and individuals with an ASC (Plus VAT). To book please visit [www.autismoxford.org.uk/bookingpage.html](http://www.autismoxford.org.uk/bookingpage.html).

#### **Independent Speech and Language Therapist - Terry Gilligan - 7<sup>th</sup> October - Bourne End Library, SL85SX - 12pm - 2:30pm**

Workshop on Autistic Spectrum Disorders with a suggested donation of £15 parent/carers and £20 for professionals.

Terry Gilligan of Talking Matters ([www.talkingmatters.org](http://www.talkingmatters.org)) will be running a workshop on Autistic Spectrum Disorders, the content of which will include background info on diagnosis/symptoms, speech/language difficulties (Including resources which can be used to develop communication skills) and behavioural issues.

Places are at a premium and are available on a first come first served basis. Please e-mail [simonemonk@aol.com](mailto:simonemonk@aol.com) to book your place.

### **Holiday places**

**Home From Home (Scarborough) Ltd** provide holidays in Scarborough for people with learning disabilities.

In response to requests from guests, Home From Home have agreed to put on 'tinsel and turkey' breaks in the run up to Christmas. Scarborough has a lovely shopping centre and the streets are always so beautiful with the Christmas lights and trees. It really is a lovely place, ideal to get people in the 'Christmas spirit'.

They are offering these breaks between Saturday November 20<sup>th</sup> and Saturday December 18<sup>th</sup> 2010.

As with their normal holidays, it will be on an all-inclusive basis. The cost of a 3 night break is £185 per person. This includes all meals and soft drinks at the house. Please call 01723 379515 or 07786 256979 for more details.

**For further information please check the Thomley notice boards**