

THE ASC **GOOD PRACTICE GUIDE** **ANNIVERSARY EDITION**

St. Nicholas Academy for Autism Trust
Charity Registration Number 1104306
Edition No. 12
February 2007

CONTENTS

Page 1: Welcome to *The ASC Good Practice Guide* (includes information on the Guide and how to contribute information or to subscribe to the Guide).

Page 2: News

Page 3: Children's Services

Page 3: Transition Services

Page 4: Adult Services

Page 5: Policy Information

Page 6: Conferences, Lectures, Seminars and Sessions

Page 12: Call for Information

Page 12: Research Requests

Page 14: Branch Officer Required

WELCOME TO THE ASC GOOD PRACTICE GUIDE

Welcome to the Anniversary Edition of *The ASC Good Practice Guide*, a free monthly resource for individuals with an autistic spectrum condition, professionals, and parents.

Which organisation does this Guide come from?

The Guide is written under the banner of the St. Nicholas Academy for Autism Trust, a non-denominational North-London based ASC and special needs charity.

Who writes and edits the Guide?

The Guide is written by Christine Haugh, and edited by Chris Mitchell.

Christine Haugh's two sons are diagnosed with autistic spectrum conditions. She works at Middlesex University as Disability Development Officer for Aimhigher London North Partnership, a DfES-funded organisation. Her duties include Project Management of the Partnership's activities for learners with special educational needs, including autistic spectrum conditions. Christine is currently completing her MEd Autism (Distance-Learning) at University of Birmingham. She is very honoured to have this year been formally appointed a Trustee of the Asperger Syndrome Foundation.

Chris Mitchell was diagnosed with Asperger Syndrome at University, at the age of twenty. For the first twenty years of his life, Chris felt that he was someone who didn't exist, trying to fit into a social environment he couldn't understand. However, once diagnosed, he found a reason for who he was and his self-confidence returned. Since his diagnosis, Chris has completed his MA (Hons) in Information and Library Management at the University of Northumbria. He has also become an advocate for Asperger Syndrome. Most recently, he has published the autobiography *Glass Half-Empty, Glass Half-Full*. Currently, he works as a clerical assistant with Durham County Council's Special Educational Needs Department. He also speaks about his experiences of Asperger Syndrome at various events and conferences throughout the UK, including the 2005 Aimhigher "Transition to University" Summerschool for students with autistic spectrum conditions, where Chris and Christine met, and at an annual

lecture at the University of Northumbria. Additionally, Chris coordinates training workshops for professionals who work with ASC.

To enquire if Chris is available to become involved as a trainer or a speaker at your event, please visit his new website, at www.chrismitchell.org.uk, or contact him at ChrisMitchell@mitchell17.wanadoo.co.uk

What is the purpose of the Guide? The purpose of this Guide is to provide practical support in the form of a one-stop-shop of information on existing good practice in the field of Autistic Spectrum Conditions, in relation especially to Transitions. "Transitions" is a broad term, encompassing phase transfer to nursery, primary, or secondary schools, as well as to further and higher education and even adult learning opportunities. "Transitions" also covers the area of transition between types of placement, for instance from specialist to mainstream, or from home education to school-based provision. Information provided in this guide will come from a range of reputable, identifiable sources, such as the DfES. Whenever possible, links to relevant websites will be included alongside the information provided. Always, the intention is to empower the audience by keeping them informed of existing good practice.

To ensure accuracy and relevance, prior to its publication, the Guide was read and feedback was contributed by a range of individuals including relevant education and health professionals from a number of different Boroughs, individuals with autistic spectrum conditions, and parents. Each issue of the Guide will continue to be "proof-read" in this way.

How can you subscribe to the Guide? To receive the free monthly Guide, simply email ahaughc@aol.com with the words "Subscribe to Guide" as the subject! If you would like the Guide posted rather than sent via email, simply include name and postal address in your email.

How can you help this Guide? Any reader, whether a professional, an individual diagnosed with an autistic spectrum condition or a parent, who is aware of any existing best practice relating to autistic spectrum conditions and who would like to share this information with others, is welcomed to contribute an article to this Guide! Please email Christine on ahaughc@aol.com if you would like to contribute an article. Also feel free to email if you wish to get involved with the Guide in another way, such as helping to reformat or distribute it! All help is greatly appreciated!

NEWS

TOM RICHARDS- PDSA AWARD

Many thanks to leading veterinary charity PDSA's Media and Marketing Officer, Jessica Richardson, for very kindly contributing the following information on PDSA success story Tom Richards, a 23 year old with Asperger Syndrome. On behalf of our entire readership, *The ASC Good Practice Guide* would like to congratulate Tom for his achievement.

Eastbourne man is honoured in PDSA Volunteer of the Year Awards

Tom Richards has beaten off competition from three other short-listed volunteers to be named Young Volunteer of the Year by leading veterinary charity, PDSA, for his outstanding service to Eastbourne PDSA shop, located at 72 Terminus Road.

Tom works Monday, Tuesday and Friday at Eastbourne PDSA shop - devoting a total of 21 hours a week to raising funds for pets in need of vets. The 23-year-old is responsible for sorting and pricing donations, displaying stock, and serving customers, he is even more remarkable as he lives with Asperger Syndrome, a form of autism that causes difficulties interacting and communicating with people. However, through his volunteering Tom has overcome many difficulties and is an invaluable member of the Eastbourne PDSA shop team

Tom received his award from PDSA Head of Volunteering, Janet Compton, and PDSA Director of Marketing, Jon Bodenham, on Friday, 19 January, at the Eastbourne PDSA shop.

Eastbourne Shop Manager, Marilyn Salvage, who nominated Tom for the award, says: "I am extremely proud that Tom has won the PDSA Young Volunteer of the Year award. Some days can be a challenge, but I have never once heard him complain. Tom is versatile, hard-working and willing to do anything we ask - he is one hundred per cent dedicated to PDSA and truly worthy of this honour!"

Janet Compton, PDSA Head of Volunteering, who was on the judging panel said: "Tom has overcome many challenges to volunteer for PDSA and his hard work and effort is highly appreciated. PDSA relies on the dedication and support of individuals like Tom. He stands out from the crowd and truly deserves this award."

2006 marks the fourth PDSA Volunteer of the Year Awards, which are supported by Volunteering England and Pets at Home. The PDSA Young Volunteer of the Year award is presented to the most outstanding PDSA volunteer, aged 25 or under, in the UK. The four short-listed volunteers were judged on their commitment to PDSA and enthusiasm for their roles.

CHILDREN'S SERVICES

RESOURCES FOR AUTISM- UPDATE ON SERVICES OFFERED (N. LONDON)

The ASC Good Practice Guide warmly thanks Resources for Autism's Helen Birns and Simone Lincoln for contributing the following information:

As well as Reach out, Play schemes and Youth club we offer programmes of Art and Music therapy to help people with autism of all ages and abilities to communicate, interact and express themselves.

Our team of qualified art and music therapists provide a range of activities and session work specifically supporting children and adults with autism and their families. These include 1:1 therapy, group work and family work.

We have finally made it to the bottom of our waiting list and currently have some spaces available for music therapy. If you would like to make a referral to any of our services you can download a referral form from our website at www.resourcesforautism.org.uk.

We ask parents/carers to pay a contribution towards the cost of the service (a therapy session costs RFA around £40, we ask parents/carers to pay £19), however we are able offer subsidised places to those who cannot afford the cost of this. Please be aware that most sessions take place during office hours.

We also welcome referrals for Reach Out our home support service for families living with an autistic member and for Saturday and after school play and youth schemes as well as holiday play scheme. All play/youth provision is for those of 8 – 18 living with autism. There may be a waiting list for these services but we are accepting referrals both from organisations and from families themselves.

If you would like to find out more about any of our services please feel free to contact us on the number below.

**858 Finchley Road
London, NW11 6AB
020 8458 3259**

www.resourcesforautism.org.uk

TRANSITIONS SERVICES

TRANSITION INFORMATION NETWORK/THE COUNCIL FOR DISABLED CHILDREN

The ASC Good Practice Guide warmly thanks the Council for Disabled Children's Victoria Wright and Lucia Winter for the following information:

The Transition Information Network, (TIN), covers England, Scotland, Northern Ireland, and Wales.

TIN describes itself as: *“an alliance of organisations and individuals who work together with a common aim: to improve the experience of disabled young people’s transition to adulthood. TIN is a source of information and good practice for disabled young people, families and professionals.”*

TIN's focus is to:

- provide a first point of contact for anyone needing information about the transition process.
- provide a focus for people accessing information about legislation and guidance.
- provide a focus for accessing information on this good practice so others can use it.
- record transition resources, keep up to date and provide information on them for others to access.

TIN's work includes the following:

- **Network Seminars**- include workshops and discussions, giving young people, parent/carers and professionals the opportunity to work together on key transition issues
- **“My Future Choices”**- TIN’s magazine, distributed to all TIN members three times a year
- **TIN’s Website (still under development)** www.transitioninfonetwork.org.uk

Disabled young people, parent/carers, and professionals are all welcome to register with TIN. Registration is free, and those who register receive regular information from TIN, including **“Getting a Life”**, the transitions newsletter from the Council for Disabled Children.

For further information please contact:

E: TIN@ncb.org.uk

T: 0207843 6006

Fax: 020 7843 6313

www.transitioninfonetwork.org.uk

Transition Information Network
c/o The Council for Disabled Children
National Children’s Bureau
8 Wakley Street
London, EC1V 7QE

ADULT SERVICES (SUNDERLAND AREA)

ADVOCACY: HOW IT CAN AID AND EMPOWER ASPIES-

Many thanks to Jessica Peers for contributing this information for fellow Aspies:

“How often is it that you really want to make decisions, to break out of a difficult situation, yet feel that, perhaps, you need someone to help fight in your corner? One day the phone rings, your social worker or care support wants a chat, but you just *cannot* say exactly what you want for fear of being dismissed. Perhaps you are still in residential care and desire to lead a more independent, sociable life, yet do not know how to handle the transition. Situations like these are a commonplace occurrence for many people on the Autism Spectrum and for others with related disabilities.

An advocate is there to offer support to those who need to make decisions that could benefit their lives in an empathic and non-patronising way. Advocates are interested in the client and

the client's needs and are completely independent of statutory services, so all details remain confidential.

Many Aspies can feel alone in their decisions, but an advocate is there to act as a partner in these and empower the person whom they are working with.

My own work with Sunderland's SAFE advocacy service has been rewarding and even got me over my nightmare of phones ringing! Basically, I put my personal bugbears behind me and focus on the client's needs. Sometimes it can be difficult, yet it is a career that I would definitely like to follow.

USEFUL ADDRESSES:

Advocacy Resource Exchange (Arx)

Tel: 08451 228633 (Mon-Fri 2-5pm)

Email: Vicky@advocacyresource.net

Sunderland Area:

SAFE advocacy, Angel House, Borough Road, Sunderland, SR1 1HW

Tel: Steve Jarvis at 0191 1291/7007

Email: www.safeonline.org

POLICY INFORMATION

"BETTER SERVICES FOR PEOPLE WITH AN AUTISTIC SPECTRUM DISORDER"- THE DEPARTMENT OF HEALTH'S POLICY CLARIFICATION NOTE

Specialist Consultancy **Paradigm** has recently written a policy clarification note called "Better Services for People with an Autistic Spectrum Disorder", on behalf of the Department of Health.

This policy clarification note is the first government communication exclusively on the issue of Autistic Spectrum Disorder. The note covers the policy implications for Valuing People and other associated legislation. The focus is on best practice in terms of policy implementation, and people being in control of their own lives.

"Better Services for People with An Autistic Spectrum Disorder" was published on the Department of Health website and can be found too on the policy page of Paradigm's website, at: www.paradigm-uk.org/policy.html

In November, Paradigm held a very successful Conference in London called "No Reason to Leave Us Out", which examined current policy as it applies to people with an Autistic Spectrum Disorder and highlighting best practice examples from around the country. On 23rd May, Paradigm is repeating the Conference, in York. Persons with Learning Difficulties and carers can attend at no charge, otherwise the cost is £323.13 (including VAT) per person, with a discount available for group bookings of three or more persons. For further information or to reserve a place (please be warned the London event sold out rapidly!) please contact "Offshoot Events" at info@offshootevents.com or call Offshoot events on (0870)066-3627.

The ASC Good Practice Guide warmly thanks Paradigm's Genevieve Edmonds for this information.

INFORMATION FROM DAVID MORRIS, THE GREATER LONDON AUTHORITY'S SENIOR POLICY ADVISOR (DISABILITY)

David Morris is the Greater London Authority's Senior Policy Advisory (Disability). David has the following message to bring to the urgent attention of our readership:

"I am writing to you to bring your urgent attention to what we believe is a major threat to the Freedom pass for disabled and older Londoners.

As you may be aware London councils are campaigning to abolish the reserve scheme that allows the mayor to step in if there is no agreement on the funding for the Freedom Pass.

Amendments to the Concessionary Bus Travel Bill sponsored by the London Councils umbrella group and tabled by Lord Bradshaw would erode the reserve travel scheme.

As you are aware, The Freedom Pass provides for free travel for Londoners over the age of 60 on the tube, DLR, bus, and tram after 9 am Monday to Friday and all day Saturday, Sunday and Bank Holidays. Disabled people can travel at any time. The debate arises as legislation is passed to support the national bus concessions. These would operate from 9.30am until 11pm and are specifically for bus travel. The Mayor is concerned that if his powers to guarantee the concession in London were removed or watered down then the national scheme rather than the existing one could become the boroughs' preferred choice. Transport for London and the London Boroughs agree the cost of the scheme but legislation provides a reserve scheme which acts as an incentive to TfL and the Boroughs to agree costs. Under the existing 'reserve scheme', if the London boroughs have not reached agreement with Transport for London by 31 December before the next financial year then the statutory reserve scheme comes into effect at a cost determined by Transport for London, effectively ensuring that the concession cannot be watered down or under-funded. Under the reserve scheme TfL determines the cost to be paid by the Boroughs for the scheme in a manner set out in legislation.

We believe that this campaign led by Conservative councils and supported by the Liberal Democrat demonstrates a clear lack of commitment to maintain the current level of the Freedom pass in London and is a direct threat to free travel for older and disabled people in London. We would urge you to write to your local councillor to demonstrate your support for a London wide Freedom pass at its current level of provision and to question the action of London councils.”

CONFERENCES, LECTURES, SEMINARS AND SESSIONS

HARINGEY AUTISM

Haringey Autism's next meeting has “Aspergers and problems in Adolescence” as its topic, with speaker Haringey Educational Psychologist Laura Cockburn as speaker. Parents from Enfield, Barnet and Islington experiencing problems of mood, emotion, depression, anxiety etc in their adolescent children with high functioning autism/Aspergers are welcome to attend. The meeting is 10.15 to 11.45, Thursday 1 March 2007, at the Village Hall, 27 Alexandra Gardens, Muswell Hill, N10. (There is no fee.)
Further details from Julia Wilkins on 020 8889 8422.

THE ASPERGER SYNDROME FOUNDATION SEMINAR SERIES PRESENTS PRACTICAL STRATEGIES FOR DIFFICULT MOMENTS: “SENSORY ISSUES AND ANGER MANAGEMENT”

Presented by Luke Beardon and Stephen Allen

Luke Beardon is Senior Lecturer in Autism, The Autism Centre, Sheffield Hallam University. He will offer practical strategies relating to sensory issues and anger management, which work with individuals who have Asperger's Syndrome. Stephen Allen is a young adult with Asperger Syndrome, currently completing a Computing degree at Birkbeck University. Stephen will discuss the impact that sensory issues and anger management have from the perspective of an individual with Asperger Syndrome

AIMED AT: Professionals in Education, Parents and Carers

DATE: Friday 11th May 2007, 10am-3:30pm, registration from 9:30am

VENUE: RIBA LONDON, 66 Portland Place, London W1B 1AD

THE ASPERGER SYNDROME FOUNDATION SEMINAR SERIES PRESENTS PRACTICAL STRATEGIES FOR DIFFICULT MOMENTS: “RELATIONSHIPS AND ASPERGER SYNDROME”

Presented by Sarah Hendrickx and Keith Newton

Sarah Hendrickx and Keith Newton are co-authors of *Aspergers Syndrome: A Love Story* (Jessica Kingsley Publishers, June 2007). Keith has Asperger's Syndrome (self-diagnosed). Sarah is his partner and also a Training Consultant in AS (www.asperger-training.com)

AIMED AT: Individuals and couples involved in a relationship where either partner has AS and professionals working in adult support and counselling.

DATE: Monday 29th October 2007, 10am-3:30pm, registration from 9:30am

VENUE: RIBA LONDON, 66 Portland Place, London W1B 1AD

FOR EITHER ASPERGER SYNDROME FOUNDATION SEMINAR:

COST: £25 professionals, £15 parent/carers, free for individuals with Asperger Syndrome (please make cheques payable to the "Asperger Syndrome Foundation")
Sandwich lunches and refreshments are included in the cost.

Please email seminars@aspergerfoundation.org.uk OR download a booking form from the Asperger Syndrome Foundation website www.aspergerfoundation.org.uk. This form needs to be returned to the Asperger Syndrome Foundation along with cheque payment, to reserve a place at the Seminar. The Foundation's address is:

Asperger Syndrome Foundation
The Kensington Charity Centre
4th Floor, Charles House
375 Kensington High Street
London W14 8QH

The ASC Good Practice Guide warmly thanks Asperger Syndrome Foundation's Founder, Beatrice Buisseret, for contributing this information.

AUTISM WEST MIDLANDS/AUTISM AWARENESS CENTRE-TRAINING FOR PARENTS AND PROFESSIONALS

Many thanks to the University of Birmingham's M Ed Autism programme for this information:

Dates: 17th and 18th May 2007

Venue: Ramada Hotel and Resort, Penns Lane, Walmley, Sutton Coldfield, West Midlands

Thursday, May 17, 9:45 am - 12:30 pm

DR. TEMPLE GRANDIN

Life Experiences, Visual Thinking, Social Interaction and Careers

Dr. Temple Grandin will speak about her life experiences with autism and how she began her career in the cattle handling industry. Dr. Grandin's presentation will cover a number of topics related to autism such as sensory issues, learning language, visual thinking and how it works, and the importance of developing an individual's strengths. She will stress the role of mentors, social interaction through shared interests, and discuss appropriate career choices for individuals with autism spectrum disorder. This presentation will address a broad range of ages and issues for individuals with autism spectrum disorder and is suitable for both professionals who work in the field of autism, parents, and those who want to acquire more information about autism spectrum disorders.

Temple Grandin, Ph.D., is inarguably the most accomplished and well known adult with autism in the world. She has been featured on major television programs, and written up in national publications, such as Time magazine, People magazine, Forbes, U.S. News and World Report, and New York Times.

Dr. Grandin has designed the facilities in which half the cattle are handled in the United States, consulting for firms such as Burger King, McDonald's, Swift and others. She presently

works as an Associate Professor at Colorado State University but also speaks around the world on both autism and cattle handling. Dr. Grandin's most recent book, co authored by Sean Barron, is *Unwritten Rules of Social Relationships: Decoding Social Mysteries through the Unique Perspective of Autism*. She has also written – *Animals in Translation, Developing Talents, Thinking in Pictures, Emergence: Labeled Autistic* and produced the videos – *Visual Thinking, Sensory, Careers and Medications* (VHS); and *Dr. Temple Grandin*(DVD).

Thursday, May 17, 1:30 pm - 5:00 pm
KARI DUNN BURON
When My Autism Gets Too Big!

A hallmark of ASD is the inability to interpret social situations accurately or consistently. This learning disability can lead to high levels of nervousness and anxiety in social situations. In this presentation, Kari Dunn Buron will discuss the issue of social anxiety in autism spectrum disorders and how the direct and systematic teaching of relaxation can help the person cope more effectively in highly social and unpredictable settings such as school or extended family gatherings.

Topic Outline:

1. An overview of how social situations can cause increased stress and anxiety in people with ASD.
2. Teaching relaxation in the home and at school.

Learning Objectives:

1. Understand the concept of systemizing and how that relates to teaching and learning.
2. Describe the anxiety curve model of functional behavior assessment and name 3 ways to teach relaxation proactively to highly anxious individuals with ASD.

This session will continue on Friday, May 18 at 9:45 am.

Friday, May 18, 9:45 am - 2:45 pm
KARI DUNN BURON
Addressing Problems of Social Thinking, Learning and Behaving in ASD

Understanding social expectations and learning social skills is a major challenge for children and youth with autism spectrum disorders. The failure to understand the social framework of life can decrease a person's ability to achieve and possibly result in challenging behavior. At this workshop, Kari Dunn Buron will review what we can learn from the research regarding social thinking and autism learning styles to help us more effectively support and teach social and emotional information to individuals with ASD.

Topic Outline:

1. An overview of current research in the area of social cognition and related learning theories in ASD.
2. The impact of social cognitive problems on social anxiety and behavior
3. Teaching social understanding to people with ASD.
4. Systematically thinking about challenging behavior and developing plans for teaching individuals the skills needed to act and interact in more effective ways.

Learning Objectives:

1. Define social cognition and explain what research says about the relationship between cognition and autism spectrum disorders.
2. Understand the concept of systemizing and how it relates to teaching individuals with ASD.
3. Describe 5 elements of nonverbal social communication that impact social success and list 3 ideas for directly addressing this deficit in ASD.
4. Demonstrate the use of a system for thinking about the behavior we observe in ASD that can lead to a proactive and positive teaching or support plan.

Kari Dunn Buron has been working with students with autism for over 25 years. She has recently retired as the Autism Resource Specialist for ISD #916 in White Bear Lake Minnesota. She is the Designer of and Coordinator for the Autism Spectrum Disorders Certificate program at Hamline University (a graduate program for educators). Kari is one of the founding members of the Minnesota Autism Network, a state-wide network of ASD educational consultants. In 1995, Kari developed and continues to work as the coordinator for Camp Discovery, a camp for youth with Asperger Syndrome. In 2003, Kari received a Self-designed Fellowship that allowed her to spend a year interviewing and working with a number of therapists and researchers in the area of social cognition and Autism. Kari is the co-author of the book, *The Incredible 5-Point Scale*, the author of *When My Autism Gets Too Big*, and the co-editor of a text currently in press titled *Educating Learners on the Autism Spectrum: Translating Theory into Meaningful Practice*.

Friday, May 18, 3:15 pm - 5:00 pm

JOHN SIMPSON

Understanding Myself and Finding the Right Kind of Employment.

John Simpson is a young man with Asperger Syndrome who had mental health problems while at secondary school and was hospitalised in a psychiatric unit for 6 months where he eventually got a diagnosis of AS. He subsequently went to college and tried a part time job but found things extremely difficult. He found he needed to both understand and accept his own diagnosis and then learn to work with it and not against it. This led to him joining a discussion group for adults with AS and also getting some support from a specialist employment service for people with AS.

Currently John works part time as a Support worker in one of Autism West Midlands residential homes for people with ASD and learning difficulties. This has been remarkably successful in lots of ways and John will talk about his own history and finding a job that suits him that has been a surprise.

REGISTRATION FEE SCHEDULE

DEADLINE FOR REGISTRATIONS May 05, 2007

Parent Rate

Before April 25, 2007

1 Day Only £65.00 + 11.38 VAT = £76.38
2 Days £125.00 + 21.88 VAT = £146.88

Professional Rate

Before April 25, 2007

1 Day Only £165.00 + 28.88 VAT = £193.88
2 Days £ 275.00 + 48.13 VAT = £323.13

REGISTRATION INCLUDES: Sessions, Session materials, lunch, refreshment breaks.

SEND COMPLETED FORM WITH PAYMENT TO:

autism.west midlands
18 Highfield Road
Edgbaston, Birmingham, UK B15 3DU

Telephone: 0121-450-7576 Fax: 0121-450-7581
Email: ianc@autismwestmidlands.org.uk OR vharris@shaw.ca

AUTISM SPEAKS: WALKS FOR AUTISM RESEARCH - 13th MAY 2007 (NORTH OF ENGLAND)

The ASC Good Practice Guide warmly thanks Autism Speaks' Lynn Hart for contributing the following information:

“Autism Speaks (www.autismspeaks.org.uk) was founded two years ago by Dame Stephanie Shirley as an affiliate of Autism Speaks in the United States where \$50m have been raised for autism research in 10 years (www.autismspeaks.org) Walks for Autism Research are our signature event - we held our second Walk in Windsor Great Park in July this year raising over £35,000 for autism research.

This is our first venture into the North of England and we are delighted that the Duchess of Northumberland has offered us the use of Alnwick Garden for a Fund-raising Walk on Sunday, 13th May 2007.

Thank you very much for your help and support.”

Kind regards,

Lynn Hart

Head of Events and Community Fundraising

AUTISM SPEAKS

Tel: +44(0) 1491 412311

Mob: +44(0) 788 423 2592

Email: lynn.hart@autismspeaks.org.uk

Web : www.autismspeaks.org.uk

THE NATIONAL AUTISTIC SOCIETY S.EAST REGION MEMBERS' MEETING AND SEMINAR

WHEN: Saturday 3rd March, 2007

WHERE: University of Westminster, Regents Street, London

AGENDA

- 10.00 Tea/Coffee and Registration (*Bookstall will be available*)
- 10.30 Welcome and Introductions – *Jane Vaughan, Regional Co-ordinator*
(*there will be time allocation for questions from members after each speaker*)
- 10.40 Development Plans for the Region - *Robert Pritchett, Regional Director*
- 11.00 Update on NAS Schools in SE Region - *Chloe Phillips, Principal*
- 11.30 Adult Services in SE Region - *Carol Povey, Head of Adult Services*
- 11.50 Membership - *Matthew Downie, Head of Branches & Membership*
- 12.05 Make school make sense campaign update -
Clare Corbett, Campaigns Team, Jane Vaughan, Coordination Team
- 12.30 Plenary
- 12.40 A sister's perspective – *Lauren Kedar*
- 1.00pm Finish - Tea/coffee (*Lunch can be obtained from nearby cafes*)**
- 1.30pm - 4pm **“Supporting the Siblings of your child with ASD”**
- to be lead by Andrew Powell, NAS Help! Development Manager

The cost of the AFTERNOON Seminar is £5 for NAS Members, £10 Non-Members. Payment should be made via a cheque payable to: The National Autistic Society. Contact details should also be provided. (Please indicate whether attendance will be for morning only, afternoon only, or full day)

Please return by **15th February** to:

Judy Lynch, National Autistic Society SE Region
Unit 9, The Ivories, 6-8 Northampton Street,
London N1 2HY
Tel: 020 7704 3800 judy.lynch@nas.org.uk

NATIONAL AUTISTIC SOCIETY SOCIAL GROUPS (NORTH)

The National Autistic Society has active Social Groups running in Sunderland, Scarborough and East Lancashire, with outings scheduled on almost every month. For information on joining any of these Social Groups, please contact Linda Kenny, Social Programmes Manager (North), National Autistic Society, on (0191)226-3610.

The ASC Good Practice Guide warmly thanks Linda Kennedy for this information.

WENDY LAWSON- UK BOOKINGS IN 2007

The ASC Good Practice Guide warmly thanks Wendy Lawson for sharing her 2007 tour dates with our readers. Wendy's range of presentations and audiences- from a talk with parents to training for County Council staff- is amazing! The list below does not include Wendy's Singapore, Australian, or other international tour dates, although details are available upon request.

UK Spring

- March 5 (Ramsgate) Evening talk to parents' support group, SPOT: Supporting People On The Spectrum. Contact: b.decomarmond@onetel.net
- March 6th (Gravesend Kent) Evening talk for schools. Contact: elee@ifield.kent.sch.uk
- March 21st (North Tyneside). Conference. Contact: Patricia Ramshaw trishramshaw@hotmail.com A Keynote address & 1 workshop Newcastle united football stadium
- March 23-25 (Birmingham) University of Birmingham Residential weekend
- April 17 (Shillingstone, Dorset) All day training & 18th. (2hr. public morning session) Gay.Waters@cambiagroup.com Forum school.
- April 18 (Portsmouth) Autism Support Group talk, in the evening. Contact: jenn4@yahoo.co.uk
- April 19-21 (Wales) Two half day seminars on 19th and 20th April

19th April (Cardiff) – subject 'Understanding and working with ASD – take a walk in our shoes' (11am – 2pm)

20th April (Wrexham) – subject 'Life and Learning with Autism and Aspergers' (11am – 2pm) Contact: jennie@autismcymru.org

- April 23rd (Nottingham) Training for Notts County Council staff. Contact: Susie Holt sen.training@education.nottsc.gov.uk
- April 24th (Cheadle) Workshop at the Together Trust Centre. Contact: Joanne Halliwell inca@togethertrust.org
- April 25 leave UK for Singapore

Autumn

- October 15th (Cornwall) Contact: Judy Shoten jshorten@cornwall.gov.uk
- October 19th (Middlesbrough) Anna Wood themainproject@hotmail.co.uk

CALL FOR INFORMATION: ASPERGER SYNDROME FOUNDATION
CALL FOR INFORMATION ON LOCAL SUPPORT GROUPS: ASPERGER SYNDROME FOUNDATION

In response to an ever-growing number of queries from persons wanting to access accurate and up to date information on local support groups throughout the UK, the Asperger Syndrome Foundation are kindly requesting that any persons who are aware of any local support groups might kindly forward details of these organisations to the Asperger Syndrome Foundation. These details can then be included on the Foundation's database and possibly even made available on the Foundation's website, so that details can be passed on to interested parents/carers/professionals/persons with AS.

Details can be forwarded either via email to info@aspergerfoundation.org.uk, or via post to:
Asperger Syndrome Foundation
The Kensington Charity Centre
4th Floor, Charles House
375 Kensington High Street
London W14 8QH

The ASC Good Practice Guide warmly thanks Asperger Syndrome Foundation's Founder, Beatrice Buisseret, for undertaking this extremely important task.

RESEARCH REQUESTS
RESEARCH REQUEST FROM AS CONSULTANT/TRAINING MANAGER SARAH HENDRICKX, FOR FORTHCOMING JESSICA KINGSLEY BOOKS ON AS

The ASC Good Practice Guide warmly thanks author Sarah Hendrickx for the following information:

Sex and Asperger Syndrome/PDD/ASD – participants required

I am researching a book (contract secured) on Sex and AS and am looking for people with AS (regardless of whether you have any experience of relationships) and/or their partners to complete an email or postal questionnaire on their experiences regarding sexuality and relationship history (if any), including the sexual aspects. Some of the questions are quite intimate and can be left unanswered if preferred. The information will be confidential, anonymous and dealt with appropriately with regard to the Data Protection Act (1988). This area is vastly under-researched and little is known. Examples of previously reported behaviour in some people with AS are:

A high incidence of gender confusion and bi-sexuality

- A lack of a sense of 'masculinity' or 'femininity' as a social construct – sees self as simply a person or 'just me'.
- Individuals with AS selecting partners because that person liked them – not through any positive attributes of the person themselves
- Sensory sensitivity causing issues – being held, touched etc.
- Empathy – understanding another's sexual or emotional needs as being different from one's own
- A high rate of 'late starters' – those not having their first sexual experience until later than expected
- A high rate of those choosing celibacy as easier than complex social relationships

I am a consultant, Training Manager and author in AS with my first book out in May 2007: [*Asperger Syndrome: A Love Story*](#) (Jessica Kingsley Publishers). I am also partner to an AS man. Please contact me for more information or to participate at: sarahhendrickx@btinternet.com

Alcohol and Autistic Spectrum Disorders – participants required

Whether you have never drunk alcohol, have a drinking problem or are somewhere in between, we would like to hear your views. This work is to be published as a book by Jessica Kingsley Publishers.

Alcohol research reports high incidences of alcohol consumption as a means of managing social anxiety.

There has been no work into the possible link between ASD and Alcohol, despite eminent clinicians agreeing that it exists, so this research is without precedent. Your participation will be valuable in reporting experiences of people within this group and increasing the understanding of service providers and individuals within the autistic spectrum themselves. All information will be confidential and anonymous and treated appropriately with regard to the Data Protection Act (1988).

Matthew Tinsley – recovering alcoholic, diagnosed with AS, speaker on AS.
Sarah Hendrickx – Training Consultant and forthcoming co-author (Asperger Syndrome: A Love Story, Jessica Kingsley Publishers, 2007).

For more information or to participate, please contact Matt at: miscmatt@hotmail.com

RESEARCH INTO PEOPLE'S UNDERSTANDING OF FRIENDSHIP

Do you want to take part in research? I'm currently looking for people to take part in my postgraduate research study, looking at autistic and non-autistic adults' understanding of friendship and interpersonal closeness.

Your participation will involve:

- Filling in questionnaires and answering interview-style questions about friendships (this takes 1-3 hours to complete)

Compensation for your time:

- You'll be given £10 for taking part in the study

Who can take part?:

- Anyone over 18 who is non-autistic
- Anyone over 18 who has been diagnosed with high-functioning autism/Asperger Syndrome

You'll need to be able to travel to Queen Mary, University of London to take part

Interested in taking part? Please email aisa@dcs.qmul.ac.uk for further details.

Thank you!
Aisa Brooker

The ASC Good Practice Guide warmly thanks QMUL's Aisa Brooker for this information, as well as the GLA's David Morris, for first bringing it to our attention!

STUDY ON AS ADOLESCENTS' UNDERSTANDING OF THEIR DIAGNOSIS

The ASC Good Practice Guide warmly thanks Beth Johnson for contributing the following information:

"I am a Trainee Clinical Psychologist at Southampton University. As part of my doctorate in Clinical Psychology, I am conducting a study, which looks at how adolescents come to know about and understand their diagnosis of Asperger's Syndrome and how it affects their lives. By carrying out this study, I hope to inform professionals (such as Doctors, Educational Psychologists, Teachers and Clinical Psychologists) so that they have a greater understanding of the issues faced by adolescents with Asperger's Syndrome, which may then serve to improve service provision."

Can any persons interested in participating in this study please contact:

Beth Johnson
Trainee Clinical Psychologist
Doctoral Programme in Clinical Psychology University of Southampton
34 Bassett Crescent East
Highfield
Southampton
SO16 7PB
E-Mail: bj104@soton.ac.uk

BRANCH OFFICER REQUIRED, THE NATIONAL AUTISTIC SOCIETY
BARNET BRANCH (NORTH LONDON)

The Barnet Branch of the National Autistic Society requires a Branch Officer. The candidate must be willing to get actively involved in the Branch and helping promote its aims. Training will be given to the candidate who takes on this voluntary role! For further information, please contact Mel Carr. Mel is the National Autistic Society's Regional Manager for the South East. She can be contacted at the National Autistic Society, on (0207)704-3800, or mel.carr@nas.org.uk

27 February 2007
End of Anniversary Edition