

# THE ASC GOOD PRACTICE GUIDE

St. Nicholas Academy for Autism Trust  
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## WELCOME TO THE ASC GOOD PRACTICE GUIDE

Welcome to the September 2007 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. To enquire if Christine is available to become involved as a speaker or a trainer (autism awareness/autism and computing/autism and supporting parents/supporting transitions of ASC students into Higher Education) at your event, please contact her on [ahaughc@aol.com](mailto:ahaughc@aol.com).

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](http://www.chrismitchell.org.uk), or contact him at [ChrisMitchell@mitchell17.wanadoo.co.uk](mailto: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](mailto: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](mailto: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**

### **EIGHT AUTISM CHARITIES RECOMMENDED IN LATEST REPORT OF NEW PHILANTHROPY CAPITAL**

Highly-regarded New Philanthropy Capital (NPC) provides independent research and advice on the most effective ways to support charities- NCP not only highlights areas of greatest need but also identifies charities that could make most efficient use of donations. This enables individual, corporate and other potential donors to decide which charities they might wish to donate to.

NCP has recently released the 96-page "A life less ordinary- People with autism, a guide for donors and funders."

The eight autism charities recommended are NCP are:

**Autism Cymru**  
**Autism Speaks**  
**Autism Initiatives**  
**Autism West Midlands**  
**Prior's Court**  
**Research Autism**  
**Resources for Autism**  
**Treehouse**

To provide some brief information on one of the recommended charities, Autism Cymru is the Welsh national autism charity. It was launched in 2001 as an independent source of information, training more than 6000 Welsh families and professionals affected by autism, and in order to help promote autism on a strategic level to the Welsh Assembly Government and local authorities. The charity operates a bi-lingual website, Awares. It also manages an annual online autism conference with thousands of international delegates participating.

The contact details for New Philanthropy Capital are:

**New Philanthropy Capital**

**3 Downstream, 1 London Bridge, London SE1 9BG**

**Tel: 0207 785 6300**

**Email: [info@philanthropycapital.org](mailto:info@philanthropycapital.org)**

#### **GOVERNMENT LAUNCH REVIEW OF SPEECH, LANGUAGE AND COMMUNICATIONS**

In September, the Prime Minister announced a major review of speech, language and communications provision for children and young people. Launched by Children, Schools and Families Secretary of State Ed Balls and Health Secretary of State Alan Johnson, and led by John Bercow MP, the review will advise government on how gaps in provision can be met to ensure that children and young people living in all areas are able to access the support they require, at the point of need. The review will also advise on how local services can most effectively collaborate in order to meet need. Recommendations will be made including but not limited to the following:

universal and specialist services; planning and performance management arrangements; good practice examples in the areas of commissioning and delivery of services; accountability and responsibility for planning and service delivery; how education and health might work together most effectively to meet need; leadership of services; early intervention but also supporting young people through to transition into adult services; parent support and information.

John Bercow is the Vice-President of Afasic, a national charity promoting social inclusion and equal opportunities for children and young persons with speech, language and communication difficulties. He is also Chair of the All-Party Parliamentary Group on speech and language.

#### **RESOURCES FOR AUTISM CELEBRATES 10-YEAR ANNIVERSARY**

North-London (Barnet) based National Charity Resources for Autism works with families affected by autism. It is one of the eight Autism-specific charities recommended by New Philanthropy Capital.

Resources for Autism offers **practical support and information** to the whole family, through specialised play and youth schemes, art and music therapy and out reach home support. The charity also provides an information pack for families with a recent diagnosis. Resources for Autism is celebrating its 10 year anniversary! Part of the celebration consisted of an Open Day for the public, on the afternoon of 30<sup>th</sup> September.

For further information on the charity, please contact:

### Resources for Autism

858 Finchley Road  
London, NW11 6AB  
020 8458 3259

[www.resourcesforautism.org.uk](http://www.resourcesforautism.org.uk)

*The ASC Good Practice Guide* warmly thanks RfA Administrator Helen Birns, for providing this information.

### “THE TRANSPORTERS” PROJECT TENDER

*The ASC Good Practice Guide* warmly thanks Alan Simpson, Arts Education Branch of the Department for Culture, Media and Sport, for contributing the following information on the recently published tender advertisement for “The Transporters” Project. Readers please note that the deadline for Expressions of Interest has now expired- *The ASC Good Practice Guide* does not know if there is any flexibility in terms of this date, but we regard this item as newsworthy nonetheless.

## Competitive Contract Notice

**1. Title:** UK-London: The Transporters Children with Autism Support DVD

**2. Awarding Authority:** Official name: Department for Culture Media and Sport, Postal Address: 2-4 Cockspur Street, Town: London, Telephone: 020 7211 2016, E-mail: [nicola.cook@culture.gsi.gov.uk](mailto:nicola.cook@culture.gsi.gov.uk), Contact Point(s): Nicola Cook / Noel Miller, For the attention of: Nicola Cook / Noel Miller, Postal Code: SW1Y 5DH, Country: UNITED KINGDOM, Fax: 020 7211 2029, General address of the contracting authority (URL): [www.culture.gov.uk](http://www.culture.gov.uk), Address of the Buyer Profile (URL): <http://dcms.q2b.info/>

**3. Contract type:** Services

**4. Description:** The Transporters project was commissioned and funded by Culture Online, part of the Department for Culture, Media and Sport (DCMS). It was a partnership between Culture Online, Cambridge University's Autism Research Centre, Catalyst Pictures and the National Autistic Society. The project ran throughout the first half of 2007. The Transporters is a world of imaginary toy vehicle characters who have emotional experiences and adventures (see [www.transporters.tv](http://www.transporters.tv)). It aims to help children enhance their understanding of the causes of emotions and of emotional expressions. The series was created especially for children with autism spectrum conditions (autism for short) who find it hard to recognize causes of emotion and facial expressions of emotion. Research into its effectiveness has shown that there is a significant improvement when a child spends 15 minutes a day watching the series over a four-week period. DCMS would now like to see The Transporters developed further to maximize the benefit to children with autism in the UK and around the world. This may include producing more copies of the original DVD, marketing and distributing them, plus printing and distributing a new leaflet about the project for parents in this country and overseas. We would expect the winning bidder to take on the risks and costs associated with developing The Transporters in all ways. Educational equipment.

**5. CPV code:**

*Main Object:* 36153000-8.

- 6. NUTS code:** UKI.  
**7. Main site or location of works, main place of delivery or main place of performance:** UKI.  
**8. Reference attributed by awarding authority:** D3 709  
**9. Estimated Value of Requirement:** Category J: 25K to 50K  
**Currency:** GBP  
**10. Deadline for expression of interest:** 01/10/2007  
**Time:** 14:00  
**11. Address to which they must be sent:** As in I.1.  
**12. Other information:** If you are interested in this tender please email Nicola Cook / Noel Miller the following details so we can enter your details onto the BIP Delta e-tendering tool enabling you to download the ITT and submit your tender. Company Name Company Post Code Telephone Number Contact Person First Name Contact Person Surname Contact Person Job Description Email address Thank you for your interest.  
**13. Submitted date:** 20/09/2007

### CHILDREN'S SERVICES

#### SPECTRUM GIRLS (LONDON/HOME COUNTIES)

The fantastic group Spectrum Girls was established earlier this year by parent Lesley Zorlakki in order to help support daughters with high-functioning autism or Aspergers find new friends who share their interests. Spectrum Girls meet/chat via organised social events, email, MSN, and also via establishing pen-pals.

Lesley has provided the following information on social events for Spectrum Girls:

"Our first social was a success. Art4Fun was a great venue and the girls who could make it had a brilliant day. To see the patience and understanding of being with familiarity seem to work. I must admit I was a little anxious to see how the girls would get along but the nerves disappeared when I saw how comfortable and excited they were to be together..."

#### **NEXT EVENT - SUNDAY 14 OCTOBER**

**VENUE:** HYDE PARK, LONDON

**TIME:** 11.30am

**MEET:** BANDSTAND

**TUBE:** HYDE PARK CORNER (nearest) see map at link below.

[http://www.royalparks.org.uk/docs/park\\_maps/hyde\\_park.pdf](http://www.royalparks.org.uk/docs/park_maps/hyde_park.pdf)

**BRING:** Picnic + if you have a game (balls, slipping ropes, rounders etc) please bring along and share.

**CONTACT:** Lesley on 0771 448 3485 if running late

Hyde Park has been chosen because other London parks eg, Green Park, have restrictions on how many people can gather for picnic (20!) and you cannot play games without prior consent. As you can see on the map, the Bandstand is near toilets and not too far from playground (for younger girls) and refreshments (right of football pitches).

If the weather is bad then I suggest we can meet at the Science Museum

<http://www.sciencemuseum.org.uk/visitmuseum.aspx>

We can meet and eat in the picnic area on the first floor at noon and, I guess, see what happens! The museum is free entry."

To join Spectrum Girls, please contact founder Lesley Zorlakki on **0771 448 3485** or **zorlakki@onetel.net**.

## ADULTS' RESOURCES AND SERVICES

### AUTISM AND COMPUTING

Co-founded in 1995 by Dinah Murray and Mike Lesser, Autism and Computing is a non-profit group which campaigns for recognition of the positive role individuals with autistic spectrum conditions play in diverse society, and in promoting Information Technology as an autistic spectrum-friendly environment that can develop and extend creativity and sociability.

The Autism and Computing website was launched in 1998, and in 2006 Dinah Murray launched the Posautive Youtube group, the purpose of which is to promote a positive image of autistic spectrum conditions.

For further information, please visit Autism and Computing at:  
[www.autismandcomputing.org.uk](http://www.autismandcomputing.org.uk)

### AUTISM WEST MIDLANDS- ASPIRE AND ASSET

#### ASPIRE

ASpire stands for Asperger Syndrome People into Real Employment. It operates in Birmingham and the West Midlands, as a part of the larger service offered by Autism West Midlands. ASpire is an Asperger Syndrome-specific employment service which provides individualised support programmes focused on work preparation and workplace support. Programmes are carried out in conjunction with Jobcentre Plus provision and the referral of the Jobcentre Plus Disability Employment Advisor.

For further information, please contact:

**The Regional Manager for Asperger Syndrome Outreach Services**  
**Custard Factory**  
**Unit 415**  
**The Green House**  
**Gibb Street**  
**Digbeth**  
**Birmingham B9 4AA**  
**Tel: 0121 224 7844**

**Email: [clairef@autismwestmidlands.org.uk](mailto:clairef@autismwestmidlands.org.uk)**

#### ASSET

ASSET stands for Asperger Syndrome Support and Enablement Team. Like ASpire, it operates in Birmingham and the West Midlands, as a part of the larger service offered by Autism West Midlands. ASSET is an outreach service for adults with Asperger Syndrome. Its aim is to enable individuals with Asperger Syndrome to live independently in their own local communities. In order to achieve this aim, ASSET offers support packages tailored to individual needs.

ASSET's range of services includes the following: Tenancy Support, in order to enable individuals to live safely in their own properties; Independent Living Skills; Social Groups; Student Support Services for University Students; Assessments; Information and Guidance, including on Benefits; Liaison with other agencies.

For further information, please contact:

#### **Main Office**

**Tel: 0121 450 7589**  
**Sandwell Resource Centre**

Tel: 0121 525 4529  
Email: [susanb@autismwestmidlands.org.uk](mailto:susanb@autismwestmidlands.org.uk)

OR

**Regional Manager for Asperger Syndrome Outreach Services**

Claire Fennell  
autism.west midlands  
18 Highfield Road  
Edgbaston  
Birmingham  
B15 3DU  
Tel: 0121 450 7589  
Email: [clairef@autismwestmidlands.org.uk](mailto:clairef@autismwestmidlands.org.uk)

**CONFERENCES, LECTURES, SEMINARS AND SESSIONS**

**ACTION FOR ASD- FORTHCOMING CONFERENCE**

Action for ASD is running the following conference this November:

**7<sup>th</sup> November: SENSORY ISSUES**

Led by Geoff Evans and Pat Smith

The conference takes place in Lancashire. Costs vary according to whether the delegate is a parent/professional. For further information or to reserve places, please contact Action for ASD directly:

**Action for ASD  
Suite 7 Kingsmill  
Queen Street  
Harle Syke, Burnley, Lancashire BB10 2HX  
Tel/Fax: (01282)714218  
Web: [www.actionasd.org.uk](http://www.actionasd.org.uk)  
Email: [info@actionasd.org.uk](mailto:info@actionasd.org.uk)**

**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](http://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

**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](mailto:seminars@aspergerfoundation.org.uk) OR download a booking form from the Asperger Syndrome Foundation website [www.aspergerfoundation.org.uk](http://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  
4<sup>th</sup> 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 CYMRU/AUTISM SPEAKS**

Wales' Inaugural Autism Research Conference is being hosted this November by Autism Cymru and Autism Speaks.

**DATE:** 9<sup>th</sup> November 2007

**VENUE:** Cardiff- the National Museum of Wales

The following eminent researchers are amongst those attending the conference and discussing latest research developments: Professor Simon Baron-Cohen; Professor Anthony Bailey; Professor Declan Murphy; Professor Mark Johnson; Dr. Dawn Wimpory; Professor Martin Raff; Professor Tony Monaco; Lois Grayson; Professor Martin Knapp; Dame Stephanie Shirley.

Places are limited at this event- for further information or to reserve tickets, please call **(02920) 463263**.

### **DISABILITY CAPITAL 2007**

*The ASC Good Practice Guide* warmly thanks Senior Policy Advisor to the Mayor of London, (Disability and Deaf Equality), David Morris, for contributing the following information:

**Disability capital is the Mayor's disability and Deaf equality conference and will be held on Monday 8 October at the Excel centre in Docklands. Further information is below. [http://www.london.gov.uk/mayor/equalities/disability\\_capital/index.jsp](http://www.london.gov.uk/mayor/equalities/disability_capital/index.jsp)**

### **PACT CONFERENCE**

Parents Autistic Children Together (PACT proudly announce a special Conference.

**DATE:** Wednesday 7<sup>th</sup> November 2007

**TIME:** 9:30am-3pm

**VENUE:** Aventis, M&B Business Centre, Rainham Road, South Dagenham, Essex RM12 7XS

**SPEAKERS:** Chris Mitchell and Dr. Rita Jordan

**COST:** PACT Members- £15 Professionals- £40

Cheques made payable to "PACT" and please sent to PACT, 482 Gale Street, Dagenham, Essex, RM9 4NU. For further information, please call PACT on **(0208)220-0090**.

*The ASC Good Practice Guide* warmly thanks PACT for contributing 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.

#### **Autumn**

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

### **RESEARCH REQUESTS**

#### **AUTISM RESEARCH CENTRE, UNIVERSITY OF CAMBRIDGE: STUDY ON ADULTS WITH AUTISM/ASPERGER'S SYNDROME**

Liliana Ruta, a researcher at the Autism Research Centre, University of Cambridge, along with Erin Ingudomnukul (the coordinator of the project) are currently recruiting adults (18-30 years of age) with Asperger Syndrome or High-Functioning Autism for a major study. For further information on the study/copies of flyers promoting the study, please contact:

**Liliana Ruta  
University of Cambridge  
Douglas House  
18b Trumpington Road  
Cambridge  
CB2 8AH**

*The ASC Good Practice Guide* warmly thanks Resources for Autism for passing this information on.

#### **DIPEX LIVING WITH AUTISM PROJECT- UNIVERSITY OF OXFORD**

The DIPEX Living with Autism project is funded by The Wellcome Trust and is based at DIPEX, a research unit within the Department of Primary Health Care, University of Oxford.

[www.dipex.org](http://www.dipex.org) is a website that presents people's experiences of health and illness in a text, audio and video form. The aim is for the website to be a resource for people experiencing particular health issues, health and education professionals who may work with them, and a teaching resource for health/education professionals.

The Living with Autism project will involve interviews with:

people with autism or Asperger syndrome over the age of 16 parents or carers of people (including children under the age of 16) with autism or Asperger syndrome.

Clips from the interviews will be presented on the website to provide a

comprehensive picture of people's experiences of living with autism or Asperger syndrome.

If you would like further details of the project, please contact Sara Ryan on **01865 289374**, email [sara.ryan@dphpc.ox.ac.uk](mailto:sara.ryan@dphpc.ox.ac.uk)

**INFANT SIBLINGS STUDY, THE BABYLAB AT BIRKBECK, UNIVERSITY OF LONDON**

The Babylab at Birkbeck, University of London, has launched the first study in the UK looking at infant siblings of children with autism. Using newly developed techniques for studying brain and behaviour in infants, the team is investigating whether there are any differences in development between infants who have brothers or sisters with autism and those who do not. It is hoped that this will help identify the early signs of the disorder, allowing for earlier and more effective intervention aimed at improving the quality of life of children with autism.

If you have a baby aged 0-12 months who has an older sibling diagnosed with autism and wish to take part in the "Baby Sibs Project", please contact us for more information.

**Dr. Mayada Elsabbagh or Ms. Holly Garwood  
The Babylab, Centre for Brain and Cognitive Development  
FREEPOST RRGX-ARGH-SESR  
Henry Wellcome Building, Birkbeck College  
Malet Street  
London WC1E 7HX  
Tel: 020 7079 0754**

**Email: [asd@bbk.ac.uk](mailto:asd@bbk.ac.uk) or visit: [www.cbcd.bbk.ac.uk](http://www.cbcd.bbk.ac.uk)**

*The ASC Good Practice Guide warmly thanks The Babylab for contributing this information.*

**30th September 2007  
End of 18th Edition**