



OASIS

Oxfordshire Autistic Society for Information and Support

Chair: Voirrey Carr

www.oasonline.org.uk

Dear OASIS Members

This will be my last letter to you as Chair of OASIS as I have decided to stand down at the AGM in January. I shall miss working with our brilliant committee and our endlessly fascinating children but I feel that the time has come to hand on the baton. I first joined OASIS when my son (now 20) was diagnosed at around the age of five and was elected Vice Chair in 1996 and Chair in 1997. January 2010 will mark 14 years as an officer of OASIS in which time I have been privileged to work with so many hardworking and committed people - including the core of parents who set up the society in 1991 - and I have had so much fun! Autism is never boring!

My family and I have gained a great deal from OASIS, friendship; information sharing; visiting so many new places on the playdays, hearing all those fantastic speakers of national repute at our conferences and meetings. OASIS has had a profound influence on my life and has been a privilege to meet and talk to so many of you over the years and to hear your stories. I shall, of course, remain a strong supporter of OASIS. PLEASE come along to the AGM to show your support for the new committee (new committee members are VERY, VERY welcome!).

Membership remains at £12 a year for 2010 - great value. However, in order to cut costs, the committee has decided to send the newsletter by email from 2010 (with a hard copy to those who have said they cannot access it electronically)

Don't forget our next meeting on November 3rd at Cheney Community Hall, Cheney Lane, OX3 7QH. We have Fiona Knott coming to talk to us from Reading University about "Anxiety in children and young adults on the Autistic Spectrum". NAS Christmas cards will also be on sale. Meet at 7.30pm for coffee and talk begins at 8pm.

Please try and get to the AGM if you can - it would be lovely to see you. Thank you for your friendship and support of OASIS. Please do all you can to support your new committee!!!

Best Wishes

Voirrey Carr,
Chair, OASIS

Dates for your diaries

<p>Tuesday 3rd November</p>	<p>OASIS MEETING</p>	<p>Community Hall, Cheney School on Cheney Lane, Oxford OX3 7QH</p> <p>Parking available. The number 15 bus stops outside.</p> <p>Coffee and chat from 7.30pm, speaker at 8pm</p>	<p>Dr Fiona Knott, lecturer/clinical psychologist at Reading University, will talk about 'Stress and anxiety in children with autistic spectrum disorders and in their parents'.</p> <p>Fiona recently wrote an article in the NAS Communication magazine about Colleges and Universities managing transition for young adults into their first year. She wrote from first hand experience of what was put into place at Reading University and is extremely knowledgeable of the difficulties facing children and young adults on the spectrum.</p>
<p>12th January 2010</p>	<p>OASIS AGM</p>	<p>As Above</p>	<p>After 15 years as Chair, Voirrey Carr has decided to leave the OASIS Committee to focus on her role within Oxfordshire County Council.</p> <p>The evening will be a Bring and Share supper, coffee and chat and the AGM followed by talks to reflect on the hard work and dedication that Voirrey has given to the support group.</p>
<p>Monday 8th February 2010</p>	<p>One Day Workshop on Autistic Spectrum Awareness</p>	<p>Birmingham</p> <p>9.30am-4pm</p>	<p>Led by <u>Sarah Hendrickx</u>, this workshop is in-depth, interactive and intensive (no role play), providing tools and strategies with which to move forward. It also provides an overview and insight into the world of individuals living with an Autistic Spectrum Disorder. To book your place or for more information, please contact 01452 507164 or email sarah@oncoursetrainingteam.co.uk or lynda@oncoursetrainingteam.co.uk (Lunch and refreshments provided. Discounts available - parents/carers/students half price.)</p>

Membership Card

Have you made good use of your membership card? It is valid at OXSRAD until next February and allows you to use the facilities there.

OXSRAD

Court Place Farm
Marsh Lane
Marston
Oxford OX3 0NQ
Telephone: 01865 741 336
Fax: 01865 308383

www.oxsrad.org



It is a lovely sports facility to use and the charge for each activity is minimal.

Summer Holiday Playdays



Emse and Esme on the River and Rowing Museum Playday

The 2009 OASIS summer Playdays were extremely successful, every Playday (except Rugrats at Banbury - which unfortunately had too few takers to run) was fully booked. The committee used the feedback from the Playdays questionnaires to organise (hopefully) a good mix of Playday venues. We are really grateful for all your comments and the fantastic ideas you put forward to improve the Playday programme and activities. We had so many great ideas but it was impossible to include everyone's, however, one change we made this year is to book Playdays on Wednesdays as well as Thursdays as some members told us they wanted to join us but couldn't make Thursdays. Members also wanted Playday information sent out sooner, so they could get further details about Playdays if necessary. The committee worked hard to achieve this (as we are a group of volunteers/parents of ASD children) and we hope you enjoyed the Playdays as much as we enjoyed meeting so many of you and seeing all the

OASIS families and children having fun, getting to know each other and enjoying a great day out.

We have 89 bookings for the Legoland trip on October 29th and this means there will be two coaches taking OASIS members to Windsor this time. Your support shows how much you value the Playdays and the committee take great pleasure in providing them for you. Please keep your ideas and comments coming, we want to work with you to make OASIS your charity, your support group.

Coffee and Chat

OXFORD:

Wednesdays at 8-8.30pm

21 Oct	Rachel Williamson's House
2 Dec	Angeli Vaid's House
13 Jan	Angeli's House
3 March	Rachel's House
21 April	Angeli's House
9 June	Rachel's House
14 July	Angeli's House

A small group of us 4-5 meet and have a chat over a drink and some snacks. It's a chance to tell it how it is, swap stories, have shoulder to cry on, and know that other people are on your side - just for two hours! We've agreed that all chat remains confidential outside the group. Some parents who have been before have met up with children over the summer and did a trip to the new Play park at Islip. Everyone is warmly welcome. Rachel is the contact to gain further details of the venue rachoxford@hotmail.co.uk

ABINGDON:

A Thursday after each school holiday 10.30am onwards (dates to be confirmed)

Rachel Dennett at rjdennett@btinternet.com . Everyone is welcome. It's good not to feel so isolated and have a good chat and swap information.

If you do not have access to the web please leave a message with your details on the OASIS mobile 07900 144493.

WITNEY:

Would you like to be a contact in Witney to meet other members via email and maybe meet up for coffee? You do not need to publish anything on our website, newsletter or be on the committee - we just have met a few members from this area over the summer and thought you may like to do this.

If you are interested please email Rachel on rjdennett@btinternet.com

Useful Information

Parent Partnership Information Sessions

Parent Partnership are holding two sessions on 'The Inclusion Development Programme and Building an Effective Relationship with School'. The Inclusion Development Programme began to roll out last September into schools across Oxfordshire offering all staff training on Dyslexia and Speech, Language and Communication Needs. This year the roll out will be on the Autistic Spectrum and next year the focus will be Behaviour, Social and Emotional Difficulties. They have 2 dates:

- 17th November 10.00am - 12.30pm at Didcot Civic Hall
- 24th November 10.00am - 12.30pm at Marlborough School in Woodstock

For further details and booking please call Parent Partnership on 01865 810516

CLEAR X-R-Size Gym session for teenagers

The Movement Science Group at Oxford Brookes University offers a regular specialised gym session aimed at youngsters who may usually be reluctant to engage in sports and physical activity. Following a general safety induction, participants will perform a circuit of exercises using light weights and exercise machines, under the guidance of a fully qualified Fitness Coach. The exercises include weight drills for the arms, legs and core and cycling on an exercise bike.

WHO FOR? Youngsters aged 13-18 years who may usually be reluctant to engage in physical activity

WHEN? Thursdays 4.30-6.00pm throughout the year. Each session lasts one hour e.g 4.30-5.30 pm or 5.30 -6.30 pm

WHERE? CLEAR Unit, Sports Centre, Oxford Brookes University

COST £4.00 per person.

BOOKINGS You must book prior to your first session, which will include a health check and induction. There is no need to book for subsequent sessions, just turn up and pay on the door.

For information and to book a place contact: James Bateman, Email: jbateman@brookes.ac.uk, Tel: (01865) 484293

Carers UK (the voice of carers) is an organisation of carers set up to improve carers' lives. They provide information and advice to carers about their rights and how to get support. They campaign for better financial, practical and emotional support for carers. There is a CarersLine which is a helpline staffed by experts and the freephone number is 0808 808 7777 and they are open on Wednesday and Thursday 10am to Noon and 2pm to 4pm. They provide confidential information and advice on:

- Benefits and tax credits
- Carers' employment rights
- Carers' assessments
- The services available for carers and those they care for. The Carers UK website is www.carersuk.org and this has an online discussion forum where carers share information and practical tips and support one another. It also have comprehensive information on caring including:
 - Benefits
 - Practical help
 - Balancing work and care
 - Finding local help.

Face 2 Face is a national organisation providing emotional support to parents whose children have a special need or disability. Local schemes recruit and train volunteer parents, who themselves have disabled children, to act as "befrienders". Befrienders are able to share and empathise with new parents because of their own emotional experiences, and support them, to make possible adjustments to their child's disability. For more information about the service contact www.face2facenetwork.org.uk or telephone 0844 900 9189

Occupational Therapist

Stephanie Kucan is offering to see children with Aspergers and Autism. She qualified in 2006 and currently works for an independent school 2 days a week and is registered with the Health Professions Council and CRB checked with the British Association of Occupational Therapists, which provides insurance. She has mainly worked privately with children with Aspergers and Autism but in the areas that would also be appropriate for children with dyspraxia i.e fine motor activity (hand writing, finger dexterity), gross motor skills and balance, social skills and anger management. She would see people on Saturdays either in her home in North Oxford or in the person's home.

If you are interested in finding out more then please contact her on 07786420133 or e mail: stephanie.therapy@gmail.com

Please note that by giving you her details OASIS is not recommending you consult a private therapist and we are not in a position to comment on her abilities. However, Stephanie would be happy to provide people to contact to use as references.

NAS Help! 2 Seminar

December 4th in Abingdon: Managing anger in young people with Asperger Syndrome. For further information please contact Lisa Smith 01179 748438 www.autism.org.uk/help!

Adam

Adam is a film about the growing romance between Adam, who has Asperger Syndrome and his new Neighbour, Beth. Written and directed by Max Mayer and is on general release from August.

Aiming High

In July Oxfordshire launched Aiming High, a project that has won short term major funding to develop childcare for Disabled Children from the Department of Children, Schools and Families. It is also due to receive considerable funds to develop its short breaks services over the next two years. Further information is available in your local library or www.oxfordshire.gov.uk/aiminghigh

Oxfordshire Family Voices

Would you like to be part of an effective parent forum in Oxfordshire funded by Aiming High for parents/ carers of young people age 0-19 with disabilities?

To find out how you can have a voice, or get involved and influence decisions that effect you or your children in the county go to oxfordshirefamilyvoices@googlemail.com or call 07906 389925

Useful Weblinks

It is well worth checking out the website for the Autism Research Group attached to the University of Oxford on www.psychiatry.ox.ac.uk/autism. This is a very interesting website and you can visit the Research Centre to see what they are doing.

Get up to date information on the SEN and Disabilities (support) Bill at www.autism.org.uk/senbill

Gluten Free Products:

www.anilassauces.com, www.debbieandandrews.co.uk, www.geniusglutenfree.com,
www.oatly.com, www.dietaryspecials.co.uk, www.healthycakecompany.co.uk,
www.plamilfoods.co.uk, www.glutenfree-foods.co.uk, www.mrscrimbles.com,
www.swedishglace.com

All websites came from a 'Tried and Tested' column in the Guardian Newspaper and not from personal recommendation (apart from Swedish Glace Ice Cream which is delicious!)

Something just wonderful to finish on!

I Live With A Train

I live with a train
That's never the same
He even goes to my school.
He's Mallard one day Flying-Scotsman the next,
Who will he be tomorrow?

I live with a train
That's never the same
Usually red with brown coaches
And small glasses that sit at the top of his nose.
But feet instead of wheels.

I live with a train
That's never the same
Today I stood on one of its coaches!
He gets really cross when his coaches are broken.
I now keep out of his way.

I live with a train
That's never the same
He travels to school by rail!
Arriving in platform 4 and leaving from Platform 8.
Is our school really a station?

My brother's the train
That's never the same
It's very strange living with him
Is our house an engine shed, our garden a shunting yard?
But this train is special to me.

By Ruth Foulsham (age 9) - Ruth is the child of one of our members

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