

February Newsletter

Autism Friendly Film Screenings

We have great news! The next two Autism Friendly Film Screenings have been announced and will show at more than 80 ODEON cinemas across the UK and Ireland.

- February - The Muppets (Sun 19th February @ 11:30) - Tickets Available From 11am on Wednesday 15th Feb
- March - John Carter (Sun 11th March @ 11:30) - Tickets Available From 11am on Wednesday 7th March

To view a full list of participating cinemas please visit www.dimensions-uk.org/autismfriendly

Autism Friendly Screenings are mainstream films shown in a sensory friendly environment. Lights are on low, sound is turned down, trailers are omitted and people can bring their own food, make noise and move around the cinema as they feel comfortable. The screenings are for anyone who would benefit from the subtle differences made to the cinema environment and we hope it will enable people who may struggle to enjoy mainstream cinema to experience this newly released film with friends and family.

- Film starts at 11.30am - there are no trailers so please make sure you are seated by 11.30am
- [Full list of participating cinemas](#)
- Tickets can be bought in advance the Wednesday before the screening through the ODEON accessibility helpline number 0800 138 3315

Consultation News from NHS Oxfordshire. [Please note that the consultation has been extended to 2nd March.](#)

PRESCRIBING GLUTEN-FREE FOOD FOR PEOPLE WITH COELIAC DISEASE - CONSULTATION

NHS Oxfordshire and Buckinghamshire Cluster want to talk to patients and local people about our proposals to stop prescribing gluten-free food products for people with coeliac disease.

At the moment in Oxfordshire we spend £350,000 on prescriptions for gluten free foodstuffs for people who have an allergy to gluten known as coeliac disease. We know that since the decision to prescribe these foods was made there has been a considerable change to the availability of gluten-free food in supermarkets.

1. *Prescriptions for food are not available to other groups who have food intolerance*

2. *There is a wide range of gluten free foods now available in supermarkets;*
3. *There are several sources of carbohydrates that are not gluten-based;*
4. *The prescriptions also include items that for many are not a part of their 'normal' diet such as pizza bases, biscuits and cake*

We have therefore identified that prescriptions for gluten free products are not necessary to enable those with coeliac disease to eat a healthy and balanced diet. Oxfordshire Clinical Commissioning Group proposes to save £350,000 by no longer funding prescriptions for gluten free products for people with coeliac disease. The savings made will be available for reinvestment and we will investigate contributing some of the savings made to funding an increase in community dietician services so that access to advice and support is provided in a fair and comprehensive way.

Please click on this [link](#) for more information and to respond to the consultation.

Appropriate Care for Everyone

I would like to encourage you to join in this consultation which has a short questionnaire attached to it. You can join the consultation at the following [link](#).

This is an important piece of work in Oxfordshire which will affect the way we offer care, in particular, to the older and frailer members of our communities.

The ACE Partnership Programme aims to solve one of the biggest problems currently facing health and social care in Oxfordshire which is delayed transfers of care. It will bring this about by making changes to the way that people avoid hospital admissions, when they do have a hospital admission supporting them to return home quickly and supporting people to remain in their own home wherever possible.

We are particularly keen to meet with groups and organisations that have an interest in this work and would be pleased to make arrangements wherever possible. If you would like to meet please contact Judy McCulloch. judy.mcculloch@oxfordshirepct.nhs.uk or on 01865 334636.

If you or anyone you know would like a paper questionnaire I would be happy to supply this.

Eon Offer

EON is running a promotion offering free cavity wall and loft insulation plus a cheque for £100. Its worth checking if you are eligible for free insulation and £100 cashback.

<http://www.eonenergy.com/Janoffer.htm>

PAWS

PAWS has been set up by Dogs for the Disabled, to bring together the parents and carers of children with autism to share experiences and to explore the helping potential that a pet dog might have within their family. Over 200 families benefitting from the scheme. Feel free to browse the website to see what some of our families have gained since the project launched <http://paws.dogsforthe-disabled.org>

Forthcoming PAWS workshops open for parents in Oxfordshire this year

Location: The Frances Hay Centre, Blacklocks Hill, Banbury, Oxon. OX17 2BS

Workshop 1: Monday 28th May 2012 (10am start, 3pm finish approx.)

Workshop 2: Monday 25th June 2012 (10am start, 3pm finish approx.)

Workshop 3: Monday 23rd July 2012 (10am start, 3pm finish approx.)

BT Initiative

As part of a BT initiative there are leaflets, books & DVDs to encourage children to talk and express themselves. Covers all ages.

<http://www.btplc.com/Responsiblebusiness/Supportingourcommunities/Learningandskills/Freeresources/Default.aspx>

There is a small postage fee applicable to some items.

Autism Oxford

Saturday, 17 March 2012, 12.15 for 1.00-4.30 pm

Managing Anxiety, Fear & Guilt on the Autism Spectrum: Dr Wendy Lawson - International Speaker & Author with Asperger's syndrome.

Professionals £50 plus vat; Family/ASC £30 plus vat.

Some discounted places are available for those in difficult financial circumstances - please ask us about this

For fast, easy, secure booking, go to: www.autismoxford.org/index.php/events/booking

Banbury Cricket Club, The Willows Ltd, The Pavilion, Whitepost Road, Bodicote, Banbury, Oxon, OX15 4BN

For directions, please see: <http://www.thewillowsbanbury.co.uk/location>

Diary Dates:

Saturday 17th March - Wendy Lawson at Banbury

Thursday 22nd March - Our next meeting at Thame Barns Centre

Thursday 17th May - Attwood on Aspergers -

Tony Attwood & Michelle Garnett at Oxford University

Being Autistic

Paul Isaac is doing a speech about being Autistic on Friday 10th from 18:00 to 20:00.

Its £5 per ticket. For more information please contact Michelle Diffey at michellediffey@yahoo.co.uk

New Social Group for Parents / Carers with older children

I'd like to start a new group-meeting in West Oxford , for parents who , like me have children with AS who are aged 17 and over and who are moving into adulthood. There are a couple of venues I have in mind which would offer coffee or wine and snacks too, if required. It would be primarily a social group where people could share knowledge and experiences of life post school. I am sure it will not be dull!!!

If you are interested in coming along please send me an email telling me what nights/times are best for you and then I will pick a date that suits as many as possible, voirreyc@aol.com

New Music Group North Abingdon

A new music group is about to start at North Abingdon Children's Centre. The group is a sensory music communication group for children under 4 years of age with an additional need. Booking is via Anna at Soundabout - 01844 338898.

Home Improvement Agencies

I would like to draw your attention to the Home Improvement Agencies, which operate throughout Oxfordshire and may be able to offer advice and assistance to people that OASIS supports.

Basically, there is a HIA operating in Oxford city and one in each of the district council areas in Oxfordshire. Although each HIA is slightly different in how it operates, they share the purpose of providing information, assistance and support to people who are elderly, disabled (or carers of the disabled) or on a low income about adaptations, improvements and repairs that they can have made to their home to help them be more safe, secure, warm and independent. HIAs can help people to access grants and run a low cost small repairs service.

Please do contact me if you would like further information. Although I only represent the city HIA, I can provide you with information about the other HIAs in Oxfordshire as well.

Best wishes,

Liz Edwards,
Home Improvements Agency Caseworker,
Environmental Development,
Oxford City Council,
Ramsey House,
10 St Ebbes Street,
Oxford,
OX1 1PT

Direct Line: 01865 252503

Mental Health First Aid course in Abingdon

Oxfordshire Mind is running a Mental Health First Aid course in Abingdon in February.

Dates: Monday 20 and Tuesday 21 February 2012 (participants must attend both days)

Time: 9:30am to 4:30pm each day

Venue: Oxfordshire Mind, Abingdon Wellbeing Centre, The Charter Complex, Broad Street, Abingdon OX12 3LZ

Mental Health First Aid is a nationally accredited 2-day training course designed to give participants the knowledge and skills to recognise the signs of mental ill-health and support someone to seek the right help. It covers the spectrum of mental health disorders from anxiety to psychosis, providing knowledge of their signs, symptoms and treatments. On completion of the course all participants receive a Mental Health First Aid (England) certificate.

It would benefit most people with limited existing knowledge of mental health, from family members and carers, to employers, to people likely to come into contact with those at risk of poor mental health.

We are able to offer the course free to residents and organisations in Oxfordshire with funding from the NHS Buckinghamshire and Oxfordshire Cluster and Oxfordshire County Council.

Places are still available. For more information or to book a place on the course contact Laura Epton on 01865 263730 or laura.epton@oxfordshire-mind.org.uk.

Carers Grant

We are looking forward to 2012 with anticipation and excitement as we enter this momentous year. Much publicity will rightly be given to the Queens Diamond Jubilee and the Olympic Games, but we will continue to focus on carers and the amazing work you carry out often under very difficult and stressful circumstances. This month we are highlighting the opportunity for carers to receive a **£350 grant** in order to help pay for transport costs, IT equipment, extra help at home, counselling, massage, holidays and so much more in order to support you in your caring role. In order to receive this grant, carers need to be 18 years old or over, providing unpaid care for 10 hours per week or more and not have received a GP break or similar grant since April 2011. Please ask for the application form and 5 point checklist which you can use to make your application. Carers Oxfordshire are currently able to assist carers with the completion of these forms, so if you think you would benefit from this opportunity and would like to apply please do not hesitate to contact us.

Please contact Michelle if you have any questions or you would like help to complete the application form.

With very best wishes,

Michelle Evans

Senior Project Co-ordinator

01235 520440

Possible new school in Berkshire

I am involved in a group of parents who are looking at setting up a school for those children who struggle in mainstream. We are currently researching the level of need. Tel no: 01628 501722

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

HIPPOS

A group who meet in Marston. Please contact Melissa Sheard melissa@melissasheard.co.uk for further information about this event on 2 February.

[Syeda Butterworth - Independent Avon Sales Leader \(and HIPPOS mum!\)](#). This meeting will be an informal “pamper party” where there will be various products available to try and test/sample. There will be the opportunity to have a facial done to see how a good skincare regime should be done. Syeda can also talk about the benefits of being an Avon Rep if anyone is interested. Her website is <http://syedasopportunities.com>