



Danbury Dash

Autism Anglia's first ever exclusive running event on Sunday 25th September, the **Danbury Dash** was a huge success with over 100 participants! The event consisted of a 10k and 5k run, other activities such as archery, an obstacle course, and a family fun day.

The runners joined together with their friends and families at the Danbury Outdoors Centre near Chelmsford on a beautiful warm sunny day to help raise money for our cause.

The multi-terrain course, tracking through grass and woodland has been praised by participants.

Event organiser Claire Rodie said: "Well done to everyone who took part. We have been overwhelmed with the support we've had for this event in its first year, and we hope to be back next year even bigger and better!"

"We'd like to say a huge thank you to everyone who came along; including all our volunteers who made sure the day went smoothly."

Thanks also go to **Premier Print & Promotions**, **Cobb Europe** and **Leo Design, Print & Promotions** for their valuable support.

Autism Sharing Day

On Wednesday 21st September, four hundred people from across East Anglia and further afield came together for our first Autism Sharing Day at the Sportspark, University of East Anglia, Norwich.

There were 22 workshops covering a range of topics, alongside an exhibition of local and national providers of resources and services for those with autism, their families, carers and anyone who works with children or adults who have an ASC.

This gave delegates, exhibitors, workshop leaders and members of the public an opportunity to access, share and discover information.

We were particularly pleased to welcome a cohort of sixth form students from Thorpe High School, all studying Health and Social Care or Children's Care, Learning and Development.

They commented: "All of us were able to enhance our knowledge of autism and it gave us an insight into possible career choices which we had not previously considered. We felt privileged to be amongst so many professionals and thank the Autism Sharing Day team for allowing us to take part."

We are now making plans for next year's event and would welcome any suggestions including for workshop topics and exhibitors. Please contact **Anne Ebbage** by email: exhibitions@autism-anglia.org.uk with any ideas.



What's
inside...

Doucecroft School

Last term we said goodbye to Teaching Assistant **Christine Bennett** who took early retirement after 26 years' service! Colleagues past and present joined together to give Christine a well deserved send-off, and she was presented with a certificate to acknowledge her years at the school.



We would like to thank **Marconi (Chelmsford) Employees Charities Trust Fund** for the donation of £360, and **David Solomons Charitable Trust** for the grant of £1,000 towards a new minibus for us.

Family Support Corner

The Family Support team has been experiencing some changes in staff as we say goodbye to **Katie Philp** in Essex who is leaving to spend more time at home with her children.

We'd like to give a warm welcome to **Michelle Davis** who joins the team in Norfolk. We have been very busy recently with ever increasing referrals, so we're very glad to have Michelle on board.



Michelle Davis

We already have a date for next year's conference in Essex. Speakers will include leading autism specialist **Professor Simon Baron-Cohen** (also vice president of Autism Anglia) and **Dr Luke Bearden** from Sheffield Hallam University, so keep a space in your diary for Thursday 28th June 2012. Booking information will be available on our website in the coming months.

We would like to thank the **D J H Currie Memorial Trust** for the grant of £2,500, and **Colchester Children's Charity Appeal** for donations totalling £1,600 since July, which will go towards our work in the Colchester and Tendring areas.

At a recent Tendring Breakfast Club meeting attended by **Clare Walker, Kevin Barnes** from Micrologic UK Ltd chose to have his long tresses trimmed by hairdresser Laura, and raised over £90 for the Family Support team!



Before and After



Thanks to everyone who has been fundraising for us recently – your support is very much appreciated!

The Norfolk Autistic Society Trust Fund

The Trustees of the Norfolk Autistic Society Trust Fund have decided that in order to maximise its resources the Trust Fund is to merge and become part of Autism Anglia. The proceeds of the Trust Fund will still be used 'for the relief of autistic persons in the county of Norfolk' but Autism Anglia will take over the role of considering applications and making grants that benefit people in Norfolk with autism.

We are designing a new, simpler application form which will be available from either Head Office or the Norfolk Office and will also soon be available to download from our website.

Anne Ebbage, our Norfolk Family Services Co-ordinator, will act as administrator and applications should be sent for her attention to: Autism Anglia, Old Pharmacy Yard, Church Street, Dereham, Norfolk, NR19 1TE (email dereham@autism-anglia.org.uk), or can be directed through either of our Norfolk Family Support Workers, **Lindsey Heard** or **Michelle Davis**.

Community Support

Hannah went to Southend-on-Sea recently and had this fabulous photograph taken – here she is flanked by Support Workers **Jemma Gosney** and **Gemma Deadman**.



Emma Welham

We would like to congratulate **Sam** and **Rhys** who ran the 5k Danbury Dash on 25th September! Sam completed the distance in 41 minutes and Rhys in 30 minutes. Well done to both of you!

Well done also to Senior Support Worker **Emma Welham** who recently ran the Mersea Island 5 Mile Race to raise money for the house she works at. She has raised over £100 in sponsorship!

Norfolk Study Centre

The Norfolk Study Centre has been open for a year now and things have been getting really busy. We have had four new external students join us who have settled in well and seem to enjoy their time with us. The sensory room and sports hall are particularly popular!



We will soon have a new TV which will enable us to use the X-Box and Kinect.

The students have been contributing to an animal themed collage which is displayed in the art room.

We held a parents evening recently, which was a good opportunity to show parents the facilities at the Study Centre and some of the work the students are undertaking. We plan to hold a similar event in the New Year.

Whitstone & Walnut House

My name is Tracey Bayley.

I'm the new manager at Whitstone and Walnut House in Norfolk. I have been in post since the beginning of July and am getting used to the workings of life in both houses.

I started my career in the care field at Whitstone back in 1994 and then moved to Lambert House so parts of it are familiar to me, including a couple of members of staff and some of the service users.

Since leaving Lambert House I worked for Norfolk County Council. I started out in the Special Care unit working with people who have profound physical and learning disabilities, then went into the autistic unit where I worked for the next four years.

I then progressed into a more senior management role and managed the Community Support team for four years. Then I moved back into managing the day services in Dereham which brought me back into contact with service users from Whitstone.

I feel very fortunate to be back at Whitstone and Walnut House and look forward to getting to know all the service users and the staff team.



AASPIN East Anglia

Autism and Asperger Syndrome Professional Interest Network

Following the successful autism conferences held in June 2011 Autism Anglia is pleased to announce the formation of a brand new forum for professionals working with children and adults with an Autism Spectrum Condition in the Anglia region. People will be able to:

- Contact and network with other people across the region
- Be part of an extensive professional autism community
- Attend meetings, seminars and workshops
- Get involved in on-line forums
- Help share and disseminate good practice
- Ask questions of their peers

This is an exciting new initiative which we expect to meet a huge need for staff working across a wide range of services. In addition to the wider group there will be specific sub groups according to your role.

Who is it for?

- Psychologists
- Speech and Language Therapists
- Occupational Therapists
- Teachers and Learning Support Assistants
- Support Workers
- Any professional working with children or adults with an ASC

We already have more than 120 professionals signed up.

Email info@autism-anglia.org.uk or call 01206 577678 to join.

Help Shape This New Network – Join Now!!!

Christmas Cards

We are pleased to introduce three brand new designs for 2011: Twelfth Night, Christmas Cats and Merry Christmas Tree. Packs of ten are on sale for only £3.50 per pack.

Last year's designs are still available and we've frozen the price of these at just £3.00 per pack! Please see the enclosed brochure for more information.



*Be a Voice
for Autism*



**Your chance
to speak out!**

We are looking for families with an adult with autism, who would find it hard to speak for themselves, to represent the voices of Adults with Autism and Learning Disabilities on the Essex Autism Strategy Group. There are already individuals and career representing high functioning adults, but no-one as yet to speak for those who cannot speak for themselves. This would involve attending meetings with commissioners from social care and health, to influence the way autism services are developed across the county. Meetings are held about four times a year, usually in Chelmsford. If you would be interested please contact **Alan Bicknell** or **Fran Davies** at Head Office on 01206 577678.

Thank you!

Wymondham Library Summer Reading Challenge 2011

A joint project with Autism Anglia

Wymondham librarian **Rachel Harriss** wanted to explore how to make libraries more autism friendly and met with a group of parents of children with an autism spectrum condition (ASC) and **Anne Ebbage** from Autism Anglia. Together they identified a range of ways in which libraries could offer enhanced support to families of children with an ASC to access their services.

Ideas included 'autism friendly' activity sessions held in a bespoke, supportive environment. **Tom Blofeld** (pictured below right), vice-president of Autism Anglia and creator of BeWILDerwood Adventure Park supported a dedicated event in August.



The focus for the afternoon was a group story sharing session led by Tom, based on his bestselling book 'A Boggle at BeWILDerwood'. He was ably assisted by giant puppet Mildred the Crocklebog and after the story, children had an opportunity to interact with Tom and Mildred on a one to one basis.

This was followed by a wide menu of activities based on summer reading challenge resources; the aim being to create a no pressure environment in which families could participate in what they felt most workable and appropriate to their needs. Children enjoyed colouring, challenge word searches, quizzes and the treasure hunt as well as a competition to colour a circus boot fit for a ringmaster, with a prize of a free family pass to BeWILDerwood.

Eight families attended on the day (including eight children with a diagnosis of autism and seven siblings). Children ranged in age from 4-13 and had a range of additional needs. Families came mostly from Wymondham, but also from Norwich and as far afield as Thetford.

For two families it was the first time they had visited a library with their child who has an ASC. Three families commented on how nice it was to be able to go somewhere together as a whole family - there is a danger that siblings of children with an ASC can miss out on experiences because of the difficulties that families can encounter in public environments.

Thanks to **Anne** for her invaluable support in planning, promoting and staging the event, and to **Asperger East Anglia** who also helped promote the event. If you have any suggestions for how Norfolk's libraries can become more autism friendly please email **Rachel Harriss**: rachel.harriss@norfolk.gov.uk

Autism Friendly Screenings



In August, an initiative by Dimensions and Odeon cinemas to present autism friendly screenings at cinemas across the country was supported by more than 3,000 people!

We are thrilled that the project now looks to be an ongoing one, and will be keeping our supporters updated with screenings at the Colchester (Head Street) and Norwich (Riverside Leisure Park) cinemas via our website and Facebook page.

Autism friendly screenings are films for children and adults who have autism (and other special needs) and their friends, families and carers. They are different to normal screenings in that they are designed to make cinema going easy for individuals who may not feel comfortable accessing a regular screening as they do not want other cinema goers to be disturbed by fidgeting or noise. During the screening, low lights are left on in the auditorium and the volume is reduced slightly.

Cinema City in St Andrews Street, Norwich also offers regular autism friendly screenings, details of which can be found on our website.

Recycle for Autism Anglia

We would like to encourage all our supporters to recycle where possible, especially when it means you can raise funds for your favourite charity at the same time! Used ink cartridges and old mobile phones can be recycled simply by popping them into the enclosed Recycle4Charity envelope (please contact us on **01206 577678** if you need more envelopes).

We can also raise funds by processing used stamps, old and foreign coins and large empty printer toners, so if you have any please send these in to us or drop them off at any of our sites.

Thank you!



Fundraising

Gift Aid

We are very pleased to say that the amount of Gift Aid raised for Autism Anglia in the last financial year was £3935 compared to £2803 in the previous year! This dramatic increase shows our commitment to maximising the income we receive from donations and sponsorship.

Anyone who makes a personal donation to the charity and pays tax on their income can fill out a Gift Aid declaration form (or tick the Gift Aid box on a sponsor form). You must also provide your name and home address. This means that we can claim back the tax paid on that income from the Inland Revenue, which increases your donation or sponsorship by up to 25%!

So remember, if you can tick the Gift Aid box, please do. It really makes a difference.

giftaid it

Running

Not everyone has been Danbury Dashing!

We had several charity places in the **Asics British 10k London Run** in July, and raised almost £1,000 thanks to **Rick Odd, Felix Hart, James McCullagh** and the rest of our runners! Rick's employer **HSBC** generously match-funded his sponsorship, which went towards John Jones House in Essex.



If you are interested in running this race for us in 2012 (Sunday 8th July), please let us know by emailing fundraising@autism-anglia.org.uk or calling 01206 577678

Lorraine Saul (pictured centre) took part in the **adidas Women's 5k Challenge** in London's Hyde Park in September, raising £200 for Autism Anglia. Thank you and well done Lorraine!



Abbie Shannon ran the **Royal Parks Half Marathon** in London on 9th October, raising a wonderful £330! Abbie completed the 13.1 miles in 2 hours 32 minutes. Well done!

Also on 9th October, Stuart (left) and Lee from Norfolk cleaning company **Stulee** ran the **Great Eastern Run** in Peterborough, raising £1,000! The lads, who know us through their work at our Dereham sites, ran the half marathon in just 2 hours 9 minutes.



Skydiving

Thanks to **Becky Wilson, Michelle Byatt, Caroline Freeman** and **Michelle Cole** (pictured) who all took part in a skydive in July, raising almost £500!

Congratulations to **Craig Taylor** and **Stephanie O'Donnell** who both also took skydives recently and raised £100 apiece. Well done to all of you!

Other Challenges

Our supporter **Mike Lewin** recently walked the three peaks in Yorkshire and raised a wonderful £100 for Peldon Old Rectory. Well done Mike, and thank you for flying the flag for Autism Anglia up in Yorkshire!



Eve Simmons walked 13 miles of the Marriott's Way in Norfolk in September and raised £123 for Autism Anglia. Thank you Eve; your support is very much appreciated.

Community Fundraising

Autism Anglia was one of several charities chosen to benefit from a very successful year of fundraising by the **Colchester Young Farmers Club**, and Chairman **Oliver Wass** presented us with a cheque for £500 at their Annual General Meeting in September.

President of **Norwich Rotaract**, **Guy Boocock** chose Autism Anglia to benefit from the group's fundraising activities in 2010/11, which included a Bollywood night! £363.45 was raised and gratefully received by us at a celebratory meal in September.

Charity Disco & Quiz - 19th November

Autism Anglia supporters **Sarah Hearn** and **Tracey Vernon** have organised a charity night to raise funds for Autism Anglia's Family Support team and Phoenix Swimming Club. The family disco and quiz will take place at Colchester Leisure World from 7.30pm and tickets are available from our Head Office. Please contact **01206 577678** for more information.



Fundraising Co-ordinator Claire Rodie accepts the donation from Oliver Wass



Rick Rogers, Norfolk Adult Services Manager (left) accepts the cheque from Guy Boocock

Corporate Support

We are pleased that our corporate supporter **Cobb Europe Ltd** has already smashed its fundraising target for the year of £3,000! Employees there have raised around £4,000 already, with events still to take place including a dress down day at their office in Colchester. The company will match fund what ever is raised so the eventual amount will be doubled.

A Treasure Hunt organised by **Lota Training** in Witham has raised more than £70 for Autism Anglia. Families, friends and colleagues joined together in their cars for a mystery tour around Essex, ending in a secret final location! Thanks to **Chloe Chapman** and **Anne-Marie Groves** for organising this exciting fundraiser.

Marks & Spencers Factory Outlet in Clacton have chosen to raise money for the Jigsaw Study Centre in Colchester as one of their charities for the year. They plan to hold events including a balloon race which will take place in November.

Celebrity Quiz Night

Our celebrity quiz night in Norwich in July, featuring **CJ de Mooi** from BBC's Eggheads, raised £2,067.23 and a fantastic evening was had by all! We would like to thank **Acorn Park School** for sponsoring the event, and Autism Anglia supporter **Aditi Bland**, who organised the event on our behalf.

Silly Sock Day 2012

Next year's Silly Sock Day will be on Friday 30th March (just before World Autism Awareness day which is on 2nd April), so if you'd like to request a fundraising pack for your home, school, or workplace, please email sillysockday@autism-anglia.org.uk or call **01206 577678**.

Silly Sock Day 2011 was phenomenally successful and has now raised more than £3,800, so we are hoping to smash that record next year!

Grants SEAT dealership in Braintree has donated a further £861 to Family Support in Essex, and we are delighted to announce that the three way partnership between Autism Anglia, Grants and the **Chelmsford Chieftains Ice Hockey Team** has been extended into the 2011/12 season! We look forward to another year of fun and fundraising with the team.



The Chelmsford Chieftains with Katie Williams of Grants SEAT.

Special Thanks To...

Eddie Perera and all the staff and customers of the **BP Service Station** at Boreham in Essex, for collecting £364.44 so far this year by having collection tins at the tills.

The staff, family, friends and retired staff of **Marks & Spencer Ilford branch** for raising money for us every year by holding a raffle on their regular coach trips.

Call Connection in Ipswich for holding a dress down day and raising £309.67.

Brandbank in Norwich for generously donating £500.

Chris Wood Vehicle Services in Fakenham, Norfolk for raising £109.64 from customer donations and book sales.

The staff and customers of **Barclays Bank** in Tiptree, Essex for raising £200.

The Fitzmaurice Trust for the generous donation of £200.

The members and friends of **Hunstanton Methodist Church** for generously donating £266.

Bowthorpe Church in Norwich for the kind donation of £100.

Geoff and Dee Wright for collecting £30 at vehicle rallies during the summer.

Mrs Marie Simmons, Mrs Peacock, Mr & Mrs Lawson and Clive Noy for their generous individual donations.

Mr & Mrs Prior, Mrs Amys, Mr Martin Howe, Chris Ward and Mrs Lilian Flint for their kind donations.

The friends and family of **Joyce Rose** who have made many generous donations in her memory.

The friends and family of **George Harold Rowley** who have made many generous donations in his memory.

Useful Contacts

The National Autistic Society
Information, Advice and Support
0845 070 4004
www.nas.org.uk

Families inFocus (Essex)
Supporting families of children and young people with disabilities and special needs
01245 353575
www.familiesinfocusessex.org.uk

Colchester Carers Centre
Provides information, support and advice to all carers
01206 560997
info@colchestercarerscentre.co.uk

The Children's Legal Centre
Promoting Children's Rights
0845 120 2948
www.childrenslegalcentre.com

SNAP (Special Needs and Parents) Essex wide support group for parents and carers
01277 211300
www.snapcharity.org

PARC Play & Resource Centre near Braintree for children with disabilities and their families
01376 528999
www.parc-essex.co.uk

Asperger East Anglia
01603 620500
www.asperger.org.uk

Disability Rights (Norfolk)
01508 491570
www.ncodp.org.uk

Autism Anglia Head Office:
Century House, Riverside Office Centre, North Station Road, Colchester, CO1 1RE.

Tel: 01206 577678
Fax: 01206 578581
email: info@autism-anglia.org.uk
www.autism-anglia.org.uk

Registered Charity No: 1063717

Volunteers required for Autism Study

Researchers at the Cognition & Brain Sciences Unit and the Autism Research Centre in Cambridge are looking for volunteers for a new study into object vision in autism.

The study will use MRI brain-scanning to investigate brain activity patterns in object vision. These activity patterns will allow for a comparison of mental representations of objects in typically developing adults and people with a diagnosis of high-functioning autism or Asperger Syndrome.

Volunteers will be invited to come to the MRC Cognition & Brain Sciences Unit in Cambridge on two separate days to perform simple visual judgment tasks while pictures are taken of their brain. In addition, some standardised tests will be administered.

Volunteers will be fully reimbursed for their time, up to £70 upon finishing the two experimental sessions. Additionally, travel expenses and travelling time will be reimbursed.

The study requires right-handed male participants aged 18-35 years with a diagnosis of high-functioning autism or Asperger Syndrome. We need to be able to contact a parent to perform a telephone interview about the volunteer's early development.

For more details, please contact: **Researcher: Ruud Berkers**
Email: ruud.berkers@mrc-cbu.cam.ac.uk Tel: +44 (0)1223 355294
Project end date: **December 2011**

Staff Update

Our TEACCH Assistant **Claudia Aldridge** has left to continue her studies at university; we wish her all the best in her future endeavours.

Trust and Fundraising Co-ordinator **Dan Bates** has also recently left the charity; we wish him well for the future. Recruitment is currently underway for Dan's replacement.