



# Children and Parents Asperger Autistic Support



C.A.P.A.A.S. Newsletter

Issue 1. September 2006

## Autistic Spectrum Conditions.

The definition. Autistic Spectrum Conditions (A.S.C's) belong to a group of disorders known as 'developmental disorders'. They are in fact characterized by problems with social and communications skills of varying degrees. We Asperger/Autistics do often display some unusual learning, reacting to different sensations and paying attention. People with ASC's also tend to repeat certain behaviours and have difficulties when they are required to change their usual daily routines and activities. Autistic Spectrum Conditions are commonly said to start in childhood and last for the whole of the persons life. However there are many new theories as to the cause(s) of these Conditions, and there will always going to be a controversial debate as to the exact causation. When most people meet others, judgments are made about them the very fact of looking can for most, give clues to the other persons age and even their status, tone of voice and facial expression allowing one to note if that person is happy, or sad and therefore you can respond accordingly. Not all people have this



ability, we people with Asperger Syndrome/Autism, in fact all A.S.C's find it much a more difficult to read these signals, the signals that most people take for granted. As a direct result of this it is more difficult to communicate and interact with others. There has been a reported explosion worldwide of cases of autism over the last 10 years or so, with considerable speculation to why it may be, but with no conclusive proof emerging around and one particular theory. Yet studies have ruled out the speculation that this rise is (entirely) attributable to an improvement in diagnostic methods. Autism is slowly but surely evolving in the publics understanding, however more needs to be done to create more awareness.

## C.A.P.A.A.S. Membership.

To join C.A.P.A.A.S. Please fill in the membership from which is part of the welcome pack and return it to Steve McGunness 39, Oak road Sleaford Lincolnshire NG34 7UF, e-mail [capaas@fsmail.net](mailto:capaas@fsmail.net) Please include a donation of 12 x 2nd class stamps. We update our membership yearly, stamps will help to keep our postage costs down.

We can also produce a laminated membership card for your child at C.A.P.A.A.S. For a small donation of 6x2nd class stamps. This card can serve as a basic explanation that your child has autism/special needs, it will also prove you are the carer of a special needs child. It may even come in handy, if acquiring a concession price the relevant information is provided, saving any embarrassment of explaining Autism in front of a queue of people while your child is listening

## Contents

Autistic Spectrum Conditions. **page 1**

C.A.P.A.A.S. Membership. **page 1**

A siblings poem. **page 1**

Blue Badge and DLA forms. **page 2**

The Family Fund. **page 2**

Radar Key Scheme **page 2**

Sensory Intergration Difficulties. **page 3**

C.A.P.A.A.S. Kidzone. **page 3**

Library and Rules. **page 3**

Tell us about your pets. **page 4**

C.A.P.A.A.S. Meetings **page 4**

A.S.B.O.'s . **Page 5**

Gluten Free Recipes **Page 5**

Sleaford and District Toy Library **Page 5**

I know of nobody who is purely Autistic or purely neurotypical. Even God had some Autistic moments, which is why the planets all spin! Jerry Newport.

## A siblings poem.

My Brother

The frosty, unwelcoming stares,  
The "what a badly behaved child" glares,  
The tuts escaping the onlookers lips,  
The interfering folk dishing out parenting tips.  
Isn't it human nature to sympathise with other beings?  
Why do they not understand?  
Touching, Talking, Playing, Singing

Even holding my mum's out stretched hand,  
It's like an ongoing battle,  
Over coming everyday things,  
His minds like a heavily guarded castle,  
Not knowing quite when he's gonna throw an anger fling.  
The constant talking about the same old things,  
His playstation 2 game the lord of the rings,  
It's something I've learnt to put up with,  
It's just his way of learning to live.

He'll always find communicating confusing,  
As well as "fitting in",  
Sometimes I find him quite amusing,  
With his clumsy in-Ability to say exactly what he means.  
This syndrome that he's labelled with,  
The way in which he is,  
He'll always be my little bro,  
Sealed with a big kiss.

Becca Hancock , 15





## Blue Badge Scheme and DLA forms.

The Disabled Person's Parking Badge (the Blue Badge scheme) You should apply for the higher rate mobility component if your child has a physical disability which means he or she are unable or are virtually unable to walk. For families with a child on the Autistic Spectrum (ASD) THE Blue Badge can be extremely helpful, enabling the family to park near to local amenities.– contact your local council to check what happens if are in an area which may be exempt from the scheme

You must also remember that it's hard to describe autism within the questions and boundaries of the actual application form, this can be the case for sections within a standard benefit form, however it does not mean that you are not entitled to sup



port C.A.P.A.A.S. Members will I am sure where possible offer help, as may the Citizen's Advice Bureau be able, many parents may find completing forms like a DLA form quite problematic, it is often because it concentrates on the difficulties that your particular child has. It is then for most parents a time when they actually realize actually just how much help and support the child needs. Often many families question if they are entitled to claim this benefit, assuming that it is for needier families. Remember though that it is very important that your child has a right to a claim, remember to try to get the

advice of others who are familiar with the forms when filling them in.

Download a DLA application form from the net on [www. Dwp.gov/ lifeevent/benefits/ disability\\_liv\\_allowance2.asp](http://www.Dwp.gov/lifeevent/benefits/disability_liv_allowance2.asp)

Or Call benefits line 0800 882 200.



## The Family Fund.

The Family Fund is financed by the government and administered by the Joseph Rowntree Foundation. The Fund is for families with children under the age of 16 who are severely disabled. Grants can be made for items such as bedding, clothing, washing machines and holidays.

Applications should be made in writing giving the name and date of birth of the child, details about their disability, the kind of help they require,

and whether you have applied for the fund before . Contact:-

The Family Fund  
PO Box 50,  
York, YO1 2ZX

Another contact which some parents may find useful follows:-

Disability Lincs – For help and information on any matter, including benefits advice. Disability Lincs An-caster Day Centre, Boundary Street, Lincoln .

Telephone :- 01522 870602

## RADAR.



**Radar** the disability network are selling keys to allow access to over 7000 toilets for the disabled in the UK .The key costs £3.50 each and could prove invaluable on outings and holidays for our children who are unable to queue for the toilet. The key can be purchased from [http:// www.radar.org.uk](http://www.radar.org.uk) or you can telephone on 020 7250 3222. The National Key Scheme toilet locations

are available at [http:// www.directenquiries.co.uk](http://www.directenquiries.co.uk) We at C.A.P.A.A.S. Will be purchasing two keys which we will use on our outings. In order to receive a key free of VAT an individual must provide their name and address or that of the person who will use the key and make the following declaration in the comments box on checkout:

"I declare that I/the individual name above is chronically sick or has a disabling condition and is eligible to claim VAT relief for disabled people.

The key for accessible toilets being ordered is for my/their domestic and personal use only".

Please note there are penalties for making false declarations. If you are in any doubt as to whether you are eligible to receive good or services zero-rated for VAT you should contact the National VAT Advice Service on 0845 010 9000 before ordering a key with declaration from the radar website

## Sensory Intergration Difficulties.

### What is sensory intergration

All of our senses work together, each one of these works with our others enabling us to form a composite picture of who we are and where we are physically and enable us to work out what is going on around us. Sensory intergration is a critical function within the brain which is responsible for the

production of the composite picture.

### What are some signs of Sensory:

Intergration Difficulties may include :-

- 1, Activity levels may be unusually high, or even unusually low.
- 2, Physical clumsiness, apparent carelessness.
- 3, Easily distracted.
- 4, Delays in academic achievement.
- 5, Oversensitive for instance to touch,

movement, sights, and sounds .

6, Under sensitive to touch, movement, sights, and sounds.

7, Impulsive, seemingly lacking self control.

8, May have difficulties making transitions from one situation to another.

9, Social and emotional problems.

10, Delays in speech, language or motor skills.

11, Poor self concept.



## C.A.P.A.A.S. Kidzone.

Here is an experiment for you to try sometime , if you want to do this experiment ask an adult to do it with you

### Make your own Secret Messages.

Have you heard about secret messages written in code I'm sure you have? But have you heard of secret messages you can write with invisible ink. For this experiment you will need : A lemon, saucer, water, teaspoon, toothpick, white paper, lamp.



Caption for picture

### How to it:

squeeze the lemon juice into the saucer.

Add a few drops of water and mix well with the spoon.

Dip the toothpick into the lemon juice mix. Not too much or you'll make invisible blobs!

Use the toothpick to write a message on ordinary white paper. Thick paper works best.

When it dries the writing will be invisible.

Heat the paper by holding it with the written side down near to a light bulb. Always let an adult help you. Also always be careful not to get any of the juice near your eyes, wash your hands .

**What happens then-** well while it heats up the writing slowly becomes brown and visible , then the words appear on the paper.

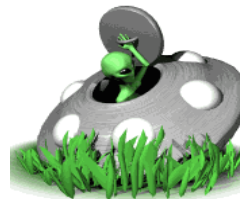
### Why it happens

Lemon juice has compounds of carbon, these compounds have almost no colour when you dissolve them in water. When you heat them the carbon compounds break down and

turn black.

My message is shown below.

### The Aliens have landed!



Well it looks like they have!

## Library and Rules.

We are always adding to our resources, we have books, videos DVD's and are constantly looking for sensory toys that may help children with sensory intergration difficulties. We will also have quite shortly other resources such as visual supports for parents to see, these can be made and tailored to suit your child's particular needs.



### Our Rules are as follows;

- 1, You must be a C.A.P.A.A.S. member
- 2, Members can borrow up to 2 books/videos dvd or toys at anyone time.

3, You will pay £1.00 Per item per month, of which 50p refundable on return of each item.

4, You can renew your items for 1 further month via meetings. If you are having difficulties returning the item please ring Steve or Alan, books can only be returned at the C.A.P.A.A.S. meetings.

If items are not returned within 3 months you will be charged in full for a replacement item.

## C.A.P.A.A.S. Newsletter

Issue 1. September 2006

## Tell us about your pets: here Matt writes about his pet snakes

Hi Steve,

Snakes well they are very easy to keep and give a lot of enjoyment especially if you have sensory problems cos they are very physical pets and great to touch. They suit people with special needs very well and children love them too.

You only have to monitor there heat and change the water regularly, they don't need to be fed that often usually once a week although they can go along time without food, but will soon tell you when they are hungry cos the behave differently and some become a little aggressive. I would only recommend these types of snake to experienced keepers like myself cos I'm not scared of being bitten, now they have done it a couple of times.

The best first time snake is a Corn snake, very friendly and placid and tend to be rather nervous but are still ok being pulled about by children. I would suggest buying a book on keeping snakes before you get a snake as a pet to understand all there needs. You would have to feed them dead mice, not for the squeamish.



Candy corn snake (*Elaphe guttata*)

2 foot young Californian King Snake (male) very aggressive and a 2 foot young Western Hog Nose snake called Grumpy (male) venomous.

I also have 2 European Green Toads but they haven't got names cant really tell them apart. they do get a bit noisy at night though!

Matt Fleming.



Candy corn snake (*Elaphe guttata*)

Why not tell us about your pets , or your special interest share it with us.

My snakes have their own personalities and bring me a lot of enjoyment. I have a 3.5 foot Candy Cane Corn snake called Cornflakes (female), 6 foot Yellow American Rat snake called Roland (male), 2 foot Royal Python called Casper (female),



## Our Meeting dates for the following two months.

Wednesday 13th September 2006 10.00am - noon.

Tuesday 26th Setember 2006 6.45pm - 8.45pm.

Wednesday 11th October 2006 10.00am - noon.

Tuesday 17th October 2006 6.45pm - 8.45pm.

## C.A.P.A.A.S Meetings .

We will continue to hold our monthly meetings at the Quarrington Church room at the rear of St Boltophs Church, town road, Quarrington, Sleaford Lincs. Meetings will be as follows The Second Wednesday of each month from 10.00am - 12.00 noon. Also the third Tuesday Evening of each month from 6.45pm - 8.45pm

help us grow spread the name Also additions, changes and requests regarding the C.A.P.A.A.S. Newsletter can be made through our e-mail address [capaas@fsmail.net](mailto:capaas@fsmail.net). The newsletter can be e-mailed directly to you, a service we would obviously like to encourage as this cuts down our costs quite dramatically, as such we are able to put our funds to better

use. We will however continue to send via conventional mail to any members requesting us to do so. Please remember that to qualify for a newsletter you must be a registered member, application forms can be found in the welcome packs at meetings, please don't forget the stamp donation as we request on the application pack.

Tel : Steve 01529 415937. Alan 01529 302175, Alan 07986903202.

[Capaas@fsmail.net](mailto:Capaas@fsmail.net)

we have pages within the [www.cclcur-se7en.co.uk](http://www.cclcur-se7en.co.uk) web site why not visit us

Every child counts



## Anti Social Behaviour Order (ASBO's)

Anti Social Behaviour Order (ASB's) has the potential of striking fear in every parent of an Asperger Syndrome / Autistic young person regarding inappropriate behaviour.

Behaviours that can result in an ASBO are:

- ♦ **Misuse of public space-** Drug / substance misuse and dealing / Street drinking/Begging / Prostitution / Kerb crawling / Abandoned cars/ Vehicle related nuisance and inappropriate vehicle use.
- ♦ **Disregard for Community / Personal wellbeing** - Rowdy behaviour / Noise Nuisance / Hoax calls? Animal related problems.

♦ **Acts directed at people- Intimidation / harassment** - Race/ Sexual orientation Gender / Religion / Disability / Age.  
**Environmental damage-** Criminal damage / vandalism / Graffiti / Litter / Fly tipping.

ASBO's can be made against any person **aged 10 or over**, who has committed a Criminal standard beyond reasonable doubt, and shall have effect for not less than 2 years or until further order. However there are mandatory disregards including Mental Health problems and alcoholism. The Courts will not enforce an Order if a person has medical problems with understanding and controlling actions. A complaint must be made within six months of the offending behaviour, and the complainant can give evidence via a third person, that is professional evidence given by Police / Council

Officers can be 'hearsay' evidence. Wherever possible a team of involved practitioners, including a compulsory Social Worker, will meet to avoid an ASBO. Actions considered before an Application for an ASBO are Warning letters; Problem Solving/ Intervention; Acceptable Behaviour Contracts (ABC'S); AND Final ASB Notice). This information does give relief, but parents are still aware that a young person with AS or any ASC is vulnerable as a perceived injustice can result in retaliation and possibly uncontrolled actions? Most young people with AS / ASC's do not fit Social Services Criteria and problems will arise when the young person is taken to the police station and the time taken to establish that the young person has a recognised condition.



## Sleaford and District Toy Library..

The aim of the Library is to provide a wide range of quality toys for children of all ages and abilities. There is no division between playing and learning,

through play a child can gradually acquire the skills needed when he or she or she becomes an adult member Parents, carers or community groups may become members. There is an Annual joining fee of £10.00 for a Group, £5.00 for a family. Toys may be borrowed FROM 20p each per week. The address is as follows:

19 Boston Road, Sleaford  
 To contact Sylvia Lawes, Library staff on the following telephone numbers 01529 460775/ 01529 307774  
 Mon / Tues 9.30am -1.00pm  
 Wed 9.30am - 1.00pm \*re opens 3.00pm - 4.45pm term time only.  
 Thurs / Fri 9.30am - 1.00pm  
 First Sat of month 10.00am - 12.00

## Gluten Free Recipes.

These muffins are low carb, no sugar, gluten free and absolutely yummy in your tummy muffins.

- 1 Cup Soy Flour (can use other G.F. flours like brown rice flour)
- 1/2 Cup of Splenda sugar substitute
- 1 Teaspoon Baking Powder

- 2 Eggs
- 1/2 Cups Soy Milk (can use whipping cream here if you want dairy)
- 1/3 Cup Half and Half Cream
- 1/2 Cup Blueberries (can use your favorite berries, even strawberries. If you want to be really bad  
 Chocolate chips are great in here, but they contain sugar.)

Preheat Oven to 350 degrees.

In a medium sized bowl, mix together the dry ingredients. Add in the eggs, soymilk and half & half and mix together well. Gently stir in the blueberries.

Pour batter into prepared muffin pans and bake until golden brown. This recipe make six regular sized muffins or four of the ex-large muffins. These are great plain, or with butter or

## Resource Web sites .

Each Newsletter we will list sites which we feel may be of use to certain members, the very nature of Aspergers / Autistic spectrum Conditions is the very fact each person on the spectrum will present differently this is what makes it so complex. So some site may be useful to one set of parents yet not to another and visa versa, however they

- are worth keeping for future reference
- <http://www.colour-se7en.co.uk>
- <http://www.autism-unravalled.org>
- <http://www.nas.org.uk>

There will be more sites of interest in every newsletter each will be produced bi-monthly, if you wish to have anything added to the next issue make sure we receive your work in time. Permission must be given by

parents to send into the newsletter. Queries , or complaints about this newsletter please contact [capaas@fsmail.net](mailto:capaas@fsmail.net) Alternatively, and if you so prefer you may write to a Committee Member c/o our postal address.

Tel : Steve 01529 415937. Alan 01529 302175. Mobile: Steve 07921823646. Alan 07986903202.  
[Capaas@fsmail.net](mailto:Capaas@fsmail.net)

we have pages within the [www.colour-se7en.co.uk](http://www.colour-se7en.co.uk) web site why not visit us

Every child counts