



Autism New Zealand Inc.
Including Asperger Syndrome and Related Disorders

Taranaki
Branch
Newsletter

Hi Everyone,

I am now counting down the days until Autism NZ's conference! They have called this conference "CELEBRATING ASD IN NZ", and it is being held in Wellington from 10-12 September. So...watch this space next newsletter to get the latest information from conference. The keynote speakers are:

Dr AvaRuth Baker; who was diagnosed as residual Asperger's Syndrome in 1997, and has also trained in the fields of medicine and mental health.

Dr Gary Mesibov; Director of division TEACCH at the university of North Carolina.

Donna Williams; who is an author, artist, singer/songwriter, screenwriter and sculptor who was diagnosed with autism at age two.

Dr Tony Attwood; a clinical psychologist who has specialized in autism since he qualified in 1975. He has written several books on Aspergers Syndrome. Tony is very well known in the Autism/Aspergers field.

Temple Grandin; is the most well known adult with autism in the world. She has written several books. Temple didn't talk until she was 3.5 years old and she now has a successful career as a livestock-handling equipment designer - of which there are only a few in the world. Temple gives us 'inside information' on what life may be like for people with ASD, as well as how they think. Temple will be presenting by audio conference.

There will also be several conference workshops and panel discussions on topics such as;

- Nutrition
- ABA
- Siblings
- TEACCH
- ASD across the lifespan; early childhood to adult

Autism NZ run their conferences every two years and they are well worth attending.

Enjoy this issue!

Karen

**Sept/Oct/Nov
2010**

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NOTES FROM OUR INFORMATION CO-ORDINATOR

JUDI GOPPERTH



Welcome to our Spring 2010 Autism New Zealand Taranaki Branch Newsletter.

I have thoroughly appreciated the opportunity to meet with so many in recent times - always wonderful to be able to put names and faces together.

An extra special welcome to our many new members.

Recent happenings

The Big Day Out Variety Show and the ever popular Children's Extravaganza were attended and enjoyed by many. For those who missed out, I apologise but look forward to having tickets available again in 2011.

Autism Taranaki Awareness Panel Evening was a significant success. It was great to see over 60 people attend. Special thanks to Jonathan Young MP who was our MC for the evening, speakers on the panel and to those who ensured the evening was both informative and enjoyable.

Local workshops have been effective ways of sharing information and I am pleased to have had the opportunity to meet with Public Health Nurses, Porse Educators and most recently NZ Riding for the Disabled.

Training

- **Earlybird** (a programme for parents of children **under** 5 years diagnosed with ASD) was held in New Plymouth and attended by several families. Presenter Tim Powell. Demand was higher than spaces available - so I am very pleased to announce that another Earlybird programme will be available again in New Plymouth early 2011.
- **Help** (a programme for parents with children **over** five years diagnosed with ASD) has been available in New Plymouth during August and really well attended. Presenter Jon Manson.

Both programmes have been fantastic - congratulations to programme participants and special thanks to Autism New Zealand Inc for ensuring these invaluable programmes are available in Taranaki.

Not to be missed

2010 Autism New Zealand Conference-Celebrating ASD in New Zealand Te Papa Wellington 10-12 Sept - it's not too late to register.

Attitude Awards - nominations close Friday 3rd September.

Social and Support groups (Friendly, informal, helpful and inclusive)

A reminder that you are invited to join in with a group(s) of your choice. All welcome

- Girls Night Out - monthly 'Coffee and dessert' Thursdays 7.30
- Coffee Group New Plymouth - monthly Mondays 10-11.30
- Coffee Group - Hawera - every second month
- Social Group - monthly Sundays @ Espresso 2 pm

We are hoping to extend the number of support groups available with groups to be set up in both the Stratford/Inglewood and Coastal/Opunake areas. Love to hear from you if interested in attending or even perhaps been the contact/co-ordinator person.

Of Interest

Looking for a music tutor sensitive to working with students with ASD? I understand WEST COAST SCHOOL OF ROCK have tutors available (drum, base, guitar, vocals and songwriting) For further information contact West Coast School of Rock-booking hours 2.30-5.00. Tuition hours 1.30 on wards. Gilmour Street, Westown phone 06 753 4765

A MedicAlert bracelet now covers ASD. The medicAlert foundation is an international not-for-profit organisation providing 24 hour emergency support. MedicAlert will be offering Autism New Zealand members a special discount to sign up which will be launched at the Autism New Zealand Conference-Celebrating ASD in Wellington. If you would like to find out more about MedicAlert, visit www.medicAlert.co.nz

Book - a must read if you haven't already

The Curious Incident of the Dog in the Night-Time by Mark Haddon

A story about Christopher, a fifteen year old boy with Aspergers Syndrome, lives with his father, finds the dead body of Wellington, the neighbours dog, the police are called.....

Movie - a must watch if you haven't already-can be googled by entering 'Adam movie'

Adam

Released Nov 2009.

A story about two strangers one a little stranger than the other....

Adam is a lonely man with Aspergers Syndrome, develops a relationship with his upstairs neighbour, Beth.....

General Reminders

Office hours: Tuesday - Thursday 9.30 - 3 pm

Library loans: love to receive any outstanding loans back - no questions asked-will just appreciate having resources back to lean out to others.

Thanks

Judi Gopperth
Information Co-ordinator
Autism Taranaki Branch





Te Kaporeihana Āwhina Hunga Whara



Dear Attitude friends

We are back...For the third year running the Attitude Awards 2010 are gaining momentum.

The event will again showcase the fantastic achievements of New Zealanders with disabilities and will be held on December 1st 2010 at Eden Park Function Centre, ASB Lounge, Auckland.

Who's behind the Attitude Awards?

The Awards have been developed by Attitude Pictures, which makes the weekly TV series "Attitude", and The Attitude Awards Trust, with support from several sponsors, including Principal Sponsors, ACC and The Lion Foundation.

What's being planned for this year's Awards?

The Awards will take the form of a three course dinner integrated with awards and peppered with entertainment highlighting the talents of the disability sector. The awards will be televised as a 1 hour episode of Attitude on TV One.

We'd love you to be part of the occasion. Tickets to the Awards are available for purchase on our website www.attitudepictures.com. We would also value receiving entries from you. The evening will be inspirational - a night to remember and we would love to see you there.

Award Categories:

- * Attitude Sport Performer of the Year Award
- *Attitude Artistic Achievement Award
- *Attitude ACC Employer Award
- *Spirit of Attitude Award
- *Attitude Courage in Sport Award
- *Attitude Youth Award

To enter please read conditions of entry and important dates and information - then all you have to do is fill out the attached entry form** and send it to us by Friday 3 September 2010. Please note that as well as entering individuals you ARE permitted to enter yourself.

There are six categories plus the Attitude Hall of Fame. One of the category winners will also be chosen to receive the Attitude ACC Supreme Award. This will be someone whose accomplishments are truly inspiring, and who acts as a beacon highlighting the possibilities available to people with a disability.

Regards

Curtis Palmer



****If you would like a copy of the entry form please email me on akglenny@ihug.co.nz and I will send it to you.**

WHAT'S ON IN SEPT/OCT/NOV?

Coffee Group

Monday, from 10-11.30, at a different venue each month.
Judi will email the venue to those on our data base the week before.

Contact - Rowena 7591287

Girls Night Out

Thursday once a month.

Meet @ Elixir at 7.30pm for dessert and coffee.

Thurs 23rd Sept, Thurs 28th Oct, Thurs 18th Nov

Contact - Karen 7512287 or 0277157751



After much drinking of coffee and eating of cake in different venues around New Plymouth, we have decided that Elixir offers the best selection!

Hawera Coffee Group

Every second month @ Hawera playcentre.

Children welcome.

Contact - Lynda parata 06 2788314

Appitude

Our Taranaki based social group is for friends, partners or family of people on the autism spectrum.

We meet monthly for a coffee and a catch up on the second Sunday of each month @ Espresso cafe in Brougham St at 2pm.

All welcome.

Sun Sept 12th, Sun Oct 10th and Sun Nov 14th.

Contact Chris O'Connor 7546222 or 0275676049

Executive Functioning is something individuals with ASD often need help with.
Take a look at these websites:

<http://www.nclid.org/ld-basics/ld-aamp-executive-functioning/basic-ef-facts/executive-function-fact-sheet>

<http://www.bridges4kids.org/articles/8-08/CEC8-08.htm>

TRAINING OPPORTUNITIES

Hear Dr Wendy Lawson speak

Dr Wendy Lawson is an adult with high functioning autism. She was considered intellectually disabled as a child and "almost incapable of doing as she was told". Today she is a mother of four as well as a qualified counsellor, social worker and psychologist with a PhD. Wendy is well known and respected for her writing and seminars based on her research and her own personal experiences as a person with autism.

Wendy will be running seminars throughout NZ during October.

Masterton - Thursday 14th Oct

Napier - Friday 15th Oct

Whangarei - Monday 18th Oct

Christchurch - Tuesday 19th Oct

Dunedin - Wednesday 20th Oct

Registration fee - \$140 if paid before 20th Sept

\$160 if paid after 20th Sept

To register visit - www.creatingsuccess.co.nz



HELP! courses are available to parents and carers of school aged children who have been diagnosed with autism. The course provides parents and carers with information, advice and support and helps to develop an understanding of autism spectrum disorders and positive strategies, as well as knowledge of rights, benefits and local support services.

HELP! is currently running in New Plymouth. If you are interested in attending the next **HELP!** course visit www.autismnz.org.nz

EARLYBIRD courses are available to parents and carers of children under five years old who have been diagnosed with autism. The course will help parents/carers learn to understand their child's autism, to develop communication with their child and to manage their child's behaviour.

We do not have a date for our next **EARLYBIRD** course here in New Plymouth. If you are keen to attend one, visit the national website www.autismnz.org.nz

Disclaimer: The views expressed in this newsletter are not necessarily those of Autism NZ Inc. From time to time in the interest of providing the widest possible range of information to our members we may include some approaches to Autism Spectrum Disorders now available. This does not, however, imply that Autism NZ Inc. endorses any particular approach.

BOOK REVIEW

We have just purchased Sue Larkey and Gay Von Ess's latest book

Developing Social Skills

Practical Ideas

for teaching children with autism spectrum disorders and
other developmental delays

What a great book! We got it to help us teach our nine year old son with high functioning autism some social skills and are finding it very 'user friendly'.

Sue Larkey is a highly qualified special educator in mainstream and special schools. She is passionate about her mission - to inspire parents and educators and teach them how to make it a success.

Gay Von Ess is an experienced educator who has specialised in autism. Gay works closely with families in their homes assisting them with implementing individualised home programmes.

The book is broken down into chapters with the following headings:

- *Communication
- *Conversations
- *Waiting
- *Friendships and Playground
- *Making Mistakes
- *When to tell and lying
- *Feelings

There are pre-written social scripts that can be photocopied and individualised to your child.

Each topic has a written reason why it needs to be taught and then a list of ideas as to how it can be taught at home and at school.

The book also contains worksheets that can be done with the child to individualise the programme.

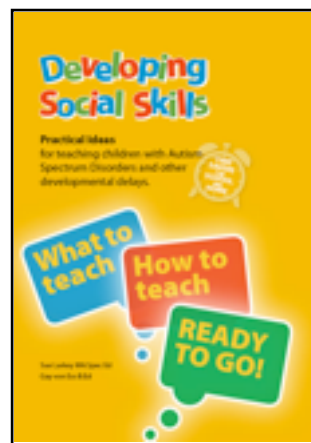
Each page is set out simply and icons are also used.

This book will save you time and stress!

If you would like to purchase this book or have a look at other books Sue Larkey has written, visit

www.creatingsuccess.co.nz

The book costs \$50 online



THINGS OF INTEREST

Halberg Trust Funding

The Halberg Trust Activity fund will meet costs over and above what it would cost an 'able-bodied child' to participate in sport. Examples of funded activities include specialised sports equipment, sports activities, coaching and school camps, as well as swimming lessons. Your child must be at least five years old.

Contact John Sigurdsson at Sport Taranaki 7590930 ext 702

Moveable in New Plymouth

Gym class for 5-13 year olds with disabilities. Held at NPGHS in their bouncy floor gym, on Fridays at 10-10.50 & 11-11.50. Cost is \$25 per term and those attending need to come with a caregiver.

Moveable in Hawera

Special needs gym class held at St John's Gym Club in Burnside Ave, Hawera on Mondays from 11-11.45. Ph 06 2786766 or you can contact Morven Woodhead at 8am on 06 2784033.

Taranaki Guide to the Gluten free/Casein free diet

You may have read that some people with ASD find removing Gluten (wheat protein) and casein (dairy protein) from their diet improves their concentration and general wellbeing. We are a group of Mums here in New Plymouth who have tried this diet with our kids, and have found it makes a difference to them. We have put together a list of recipes and products and where you can buy them locally. If you'd like a copy contact Karen Glenny akglenny@ihug.co.nz

September issue of Reader's Digest

The August issue of the Reader's Digest has a great article on adults with autism, "I have autism". The author talks to two women from Australia, Wendy and Sarah. Wendy will be touring NZ and talking about her experiences in October. Matt, who lives in Wellington is also included in the article. I personally find it really useful reading what adults with ASD have to say as it gives me some insight into what my son may be thinking.

