

Thinking Differently

Autism New Zealand Inc. Canterbury Branch.



August 2011

Inside this

Chairpersons Report

From the Office 2

I hope you all had some fun in the snow!! The shakes seem to be easing lately which will be helping everyone's nerves!

Life Coaching 3

The Canterbury Branch committee have finalised their Business Plan. There are three areas that we have goals under. These are:

1. The strategic goals:

- Raising the profile of ASD and Autism
- NZ Confidence & Credibility
- Internal Strength
- Financial Sustainability

Of Interest... 4

Good News Story... 5

2. Special projects for our branch:

- Saturday Seminars - *Guest speakers*
- Survey of services - *Coming soon*
- Event for families - *A fun get together for families*
- Fun run - *This has been postponed to next year due to the stress the earthquakes have put on everyone*

Other Info 6

Of Interest for Adults 7

3. Our regular and ongoing services:

- National events - *Support national events*
- Holiday programmes
- Parent support and information services
- Newsletters

Training/ Seminars/ Workshops 8

Support Groups 9

A reminder that we have a survey coming out and we would appreciate your feedback to ensure we are meeting your needs. We aim to be providing a valuable service to our families.

West Coast 10

As you can see we have postponed our fun run but would like to provide a family fun day event where families can meet each other and have some fun. Keep an eye out for dates! We have a Saturday morning workshop on the 17th September with Justine Aldous. Further information is provided in this newsletter.

South Canterbury 11

Our next meeting is on Tuesday 30th August. We welcome new members! If you are interested please contact our staff for further details.

Key Dates 12

Thank You's 12

Please take care and if we can be of any help please get in touch with our Canterbury Branch staff.

Megan Gare

Chairperson

Canterbury / West Coast Branch



Office Details

Canterbury Branch Office Hours:

Monday 8.30am - 2.30pm

Tuesday 8.30am - 5.00pm

Wednesday 8.30am - 5.00pm

Thursday 8.30am - 5.00pm

Friday 8.30am - 5.00pm

All of the staff in the Canterbury Branch Offices are part time, and roles require staff going out into the field. The offices may not always be staffed during these times so it may pay to call first to ensure somebody will be in.

Physical Address:

Level 1, Trevino's Building, 22 Riccarton Road,

Riccarton, Christchurch 8011

Postal Address:

PO Box 42 014

Tower Junction, Christchurch 8149

Phone: (03) 343 2225

Fax: (03) 348 2527

Email: canterbury@autismnz.org.nz

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- CC21220 - is a registered charitable entity in terms of the Charities Act 2005



At the Office - a note from Robyn

Warm greetings to everyone!

I hope many of you enjoyed the July snow as much as I did - although I am also very aware this would have brought further 'problems' for many already suffering following our quakes. I hope the 'second half' of the year is treating you well and progress is being made in whatever positive direction is necessary.

We are restarting our seminar/workshop programmes -

- An evening with the University of Canterbury Disability Resource centre re assistance for students with ASD and other difficulties **Wednesday 31 August 7.30pm**
- a seminar/workshop in **Timaru on Friday 9th September** on Social/Communication Skills with Alison Schroeder
- and a Saturday morning seminar/workshop in **Christchurch** on Anxiety with Justine Aldous on **Saturday 17th September** .

See further details elsewhere in newsletter.

Our support groups are continuing and are well attended.

Further funding applications have been made to hopefully allow visits to South Canterbury and to the West Coast to continue supporting our families and professionals in those areas. Funding is however more difficult to secure now.



Just a reminder - I am available for support in any school/agency meetings and also to speak to groups re ASD.

Ka mate te kainga tahi, ka ora te kainga rua
Kia ora Kia koutou

Robyn

Service & Support Coordinator

Shoveling again!!! - a note from Steve

Who would of thought that at the end of July we would have been shoveling once again?

Luckily for us all this time it was the appearance of snow that got everyone in Christchurch reaching for the winter clothing and shovels, a welcome relief for some, but for others that are struggling since September, February and again in June, this was likely to have caused another problem that families did not want.

During these difficult times, especially as winter seems to have well and truly hit during the evenings at the moment, don't forget that if you would like any support, help or guidance then at Autism New Zealand we will do our best to help.

On a positive note, it was great to see Holiday Programme numbers increase back towards the levels we are used to, some of the Aspergers group enjoyed a great day up Mt Hutt Skiing once again, and plans are underway already for the October School Holidays. I am also very thankful for all the staff, including Robyn, who helped us to ensure we were able to get the programmes back on as soon as we could on the Wednesday morning by shoveling snow and ice, as well as ensuring families safely got into the base halls.

By the time the next newsletter is out we'll all know whether England, sorry I meant the All Blacks 😊 , are able to recapture the Rugby World Cup! So for all those that are going to follow the event, I hope you don't end up as disappointed as I always do when England are involved in a Football World Cup!

For now though stay strong, warm and positive, and we'll be back soon with the next edition!

Steve Potter,

Programme Coordinator



I'm Alison Mountfort, a local parent of Aspies in their 20's and professionally trained life coach. A specialty of mine is helping 18 - 28 year olds build their confidence, get themselves organised and plan for success so that they start to get the jobs and relationships they want instead of feeling stuck. This series of brief tips will help you have effective conversations with shy young people. For more specific assistance please contact me on 981 1650 or email alison@thinklifecoaching.co.nz.

Ever feel like this when talking to a shy child or young adult?

- Scarcely acknowledged e.g. not hearing your own name being used
- As though what you said didn't hit the mark
- Discouraged

While at the same time you know that he or she

- Finds it hard to talk with people
- Doesn't really know how to start a conversation or how to keep it going
- Or how to finish gracefully so that both participants feel energised and satisfied

Sadly, this shy young person who is wonderful in so many ways is likely to become depressed and feel horribly stuck as time goes by and he sees his peers moving on in life, taking the opportunities that come their way and running with them. The possibilities are endless for people who're comfortable chatting with others and are even greater for those who negotiate effectively as well. Here's one tip to help you talk with any shy person effectively and be as likely as possible to get an enthusiastic response.

Start by talking about what he's interested in before you move onto what it is you want to talk about. If possible create a link between the two. That way you gain his attention. Everyone likes to talk about what they enjoy doing and even more so to be thought of as an expert. If you don't know what this shy young person is interested in, find out by asking how he spends his leisure time.

If you'd like to read the other tips in advance of seeing them in this newsletter then go to www.thinklifecoaching.co.nz and click on The Art of Conversation tab that you'll see at the top of the home page.

**I help 18-28 year olds
learn to talk and
negotiate...**

So they start to get the jobs
and relationships they want...
instead of feeling stuck



**Call Alison Mountfort CH 981 1650 to
book a free introductory consultation**

alison@thinklifecoaching.co.nz www.thinklifecoaching.co.nz
International Coach Federation member
Autism NZ member and friendly experienced coach

Carer support may be able to be used
in lieu of payment for coaching

Useful Information.....

Why use visuals.....Sue Larkey

Visuals include real objects, parts of objects or remnants (e.g.empty packet of sultanas), photographs of the actual object, photographs of similar objects, drawings, computer generated symbols (e.g. Boardmaker, Pics for PECS) and written words.

Your child's age and ability will be the determining factor when deciding what type of visual support to use.

For an easy to read Version (& pictures) of **WHY & HOW to use Visuals** click this link <http://www.suelarkey.com/media/ezinevisuals.pdf>





Emergency Survival Kit

By Marion Johns, National Office

We know that every home should have a survival kit. Most of us have many of the things we might need in an emergency but not all in one place. Ideally you would have just one or two boxes with everything in. This can then be transferred easily into your vehicle if you need to leave the house. If you were unable to use a vehicle then a wheelie bin or backpack would be needed.

The following list is not exhaustive, adapt as needed for your family. It is essential you include any medication your family may need. Maybe also a small amount of cash in the event ATM machines are not working (due to a power outage) just enough to buy some basic food items. Our kit will be kept in the hot water cupboard (rather than the garage) It's in the middle of the house, and the garage may not be the easiest place to get into in the event of an emergency. The sleeping bags, tent and other camping gear will be stored in the garage as usual. The cupboard where these items are stored is (now)clearly marked and the family have had a drill so we all know where things are and what to do in the event of an emergency.

Consider storing some extra items in your car in case you're not at home or have had to abandon your vehicle. A backpack with: water bottle, light wind/rain proof jacket, walking shoes, small first aid kit and emergency blanket.



ITEMS	Approx. Cost
First Aid kit	\$28.00
Emergency Blanket	\$11.00
Emergency Poncho	\$10.00
Nylon rope (20m)	\$5.00
Tarpaulin (8ft x 10ft)	\$11.00
Plastic bucket	\$1.00
Dust masks Pk 5	\$4.00
Disposable gloves Pk 20 super strong	\$4.00
Candles Pk 6	\$4.00
Matches	\$2.00
Leather work gloves	\$4.00
Sard wonder soap	\$3.00
Hand sanitizer	\$6.00
Baby wipes Pk 24	\$2.00
Toilet paper Pk 4	\$2.00
Knife	\$5.00
Torch	\$10.00
Transistor radio	\$20.00
Can opener	\$5.00
Spare batteries Pk 4 - AA	\$8.00
Water containers	\$20.00
Water purifying tablets	\$15.00
Canned food incl. pet food	\$20.00
Cooking ring (paraffin cooker)	\$15.00
Copies of documents incl. phone numbers of family members	
Plastic (supermarket) bags - at least 12	

Most of these items were bought at the supermarket and the Warehouse. First gather the things you know you already have and buy what you don't have 1 or 2 items at a time, especially if they're on sale - you will soon have a terrific kit, which you will hopefully never have to use.

Of interest.....

SHOULD I TELL MY CHILD THAT HE OR SHE IS ON THE AUTISM SPECTRUM?

This is probably one of the most common questions. It's not easy knowing what to do, especially if you're not sure if your child is aware of his differences. Stephen Shore is a world renowned speaker and professional in the field of autism. Having Asperger's himself and having helped thousands of people on their journey with autism, who better than to give advice? In this short video, Stephen talks about disclosure and helps parents make decisions when talking to their kids.

copy and paste this in your browser



[Stephen Shore - Should you tell your child about his/her autism diagnosis?](https://www.youtube.com/watch?v=MmrR4UgKFyA)

[http://www.youtube.com/watch?v=MmrR4UgKFyA](https://www.youtube.com/watch?v=MmrR4UgKFyA)



Good news story.....

A parents proud day - a success story following the turmoil of earthquakes, changes in the GSE team, change at homethis story signalled a turning point in behaviours and positive achievements - congratulations to all who work with Shivam. (this has been copied with permission from the GSE team and from Shivams proud family)

Objective:

To observe Shivam at the beginning of his kindergarten morning.

Check In:

Shivam was heard to say "mum" today. Last week 'B' had Shivam riding on a trike.

Shivam is taking an interest in activities and in his environment. There has been no throwing for some time.

Observations:

Shivam initiated touching 'A's' hand and looked at her as if to say 'hi.' Shivam did the same initiation with 'R'.

Shivam was very calm and settled this morning. He pushed the dolls buggy past 'A' and 'R' and into the mat area.

Shivam sat at a table with the shape matching activity board and counters. 'K' and 'A' sat alongside Shivam and he remained at the activity while 'K' commented. Shivam gathered all the circle shapes and deliberately sorted any triangles and squares and put them back in the box. Shivam enjoyed turning the circles over to see the writing on the back of them, he also stacked a few of the circles and 'A' modelled matching the circle to the same coloured circle on the board. Shivam did place a small number of circles on top of the circle matched on the board. Shivam gave good joint attention several times and responded immediately to his name today. When Shivam had been at this activity for several minutes he initiated and followed through putting all the shapes back into the box and then left the activity - well done Shivam!!

Shivam went to the dolls house and he got some of the miniature dolls. Shivam lined them up and he went between pushing the buggy and having a small truck to go alongside the buggy and then back to the dolls. Shivam appeared to have good ideation of what he was doing and his play was more purposeful than has been seen by 'A' or 'R'. Shivam spent some time pushing the truck on the floor and making a symbolic sound as he pushed it.

When the doors to go outside were opened Shivam looked up and watched a child go out but chose to stay playing indoors which is not what he would usually do. Just great to see Shivam so calm and purposeful today!

The day the Snow came!

The sky up high
Was thick and grey
The world around
So cold and pained...

Full of chill,
And a hint of sorrow...
Not just from the cold,
But from the shattered surroundings...

Yet amongst this sorrow
This pain and chill
A miracle happened
Something unexpected

It started with a speck
A single stain of white
And as it drifted down,
A feeling of change overwhelmed,

Soon the landscape was covered
In a strange magical white,
And as it kept falling...
It seemed... to bring hope.

That the world we knew
Of ruin and rubble
Did not have to be
The only focus for us.

That we could move on
If we so choose,
And that happiness... life,
Could take a turn for the better

This was mirrored
Shown to us all,
By the joy and laughter
Within peoples yards,

Men of snow,
Walls and Forts,
Puddles where war...
Had been played out in laughter.

The days that followed
Removed the strange white
The world around was warmer,
But not just because of the sunshine...

People who were tired
Torn and worn,
Had somehow been fixed
By the nature than had broken them.

Dear those facing troubles and heart-
ache,

Do not be afraid
Do not be scared
Know the troubles ahead
Are just another test,
Stand tall
As you have before
I have faith
That you can weather this storm.

*These wonderful poem's were received from
a young man who has Aspergers following
the earthquakes and snow. He has agreed to
share them in this newsletter.*

*For more Poems, Stories, Art and Life of
Matty Angel! Please feel free to
visit: www.MattyAngel.com*

Even Alone We Can Stand Tall



*The creative mind of Autistic
writer and artist
Matty Angel*



The July School Holidays saw some of the Aspergers Holiday Programme group make the trip to Mt Hutt Ski Resort for the 4th Ski Season in a row.

Once again we were lucky with weather conditions and the mountain was open (although a week later we could of gone skiing around Christchurch streets!!!). A group of 6 hardy students, many of whom were experiencing skiing for the 1st time, wrapped up warm as they got involved with ski lessons in the morning session. At this point visibility wasn't the greatest, but as the day went on, the standard of skiing improved, the clouds started to clear and we were left with perfect skiing conditions.



Following a lunch break at the end of all Ski Lessons, the group, including 2 staff looked to extend the skills they had learnt in the morning and push themselves a little harder.

The most experienced skier in the group attempted to tackle the Summit Six (the chairlift which takes you to the top of the mountain) for the 1st time, and came down in elegant fashion, whilst the rest of the group, having been just on the beginners slope all morning, took the step up to have an attempted run down one of the intermediate slopes.



Whilst this may seem like not too much of a step up, the actual increase in gradient of the slopes is big, and although some of the group took their time to get down, everyone should be proud of their achievements as they all made it to the bottom of the run successfully.

Another great day was had by all as we look forward to our trip in 2012 (unfortunately due to the timings of the School Holidays it looks unlikely we'll be able to get up in October).

Steve Potter,

Other info.....

1. Social/support group for young adults with ASD (age range is 20-35yrs).....this group meets on a weekly basis in the evening. The group plans activities well in advance with any costs incurred being met by the participants. We have a facilitator who works alongside the group. He will meet with any prospective members and introduce them when they first visit. Please contact the office if this interests you.

2. Autism New Zealand in the media

Recently Autism New Zealand has been active in the media, from Television appearances to Radio Interviews. Links to all of these can be found on the Autism New Zealand News Page on the website <http://www.autismnz.org.nz/Autism-New-Zealand/News.php> or as below:

- **Being Matt Frost (Attitude—Sunday 24th July 2011):** <http://tvnz.co.nz/attitude/s2011-e19-video-4312017>
- **Families of autistic children face intolerable pressure:** <http://www.radionz.co.nz/national/programmes/ninetonoon/20110718>

Wendy Duff, mother of a 17-year-old with severe autism who is on the waiting list for respite care and president of Autism New Zealand; Alison Molloy, chief executive of Autism New Zealand; and Lester Muddell, chief advisor, Disability Services at the Ministry of Health. (25'45")

- **Sunday:** <http://tvnz.co.nz/sunday/s2011-e20-video-4306555>



Alison Molloy and Martin Wylie will be appearing in a programme talking about respite care and chronic underfunding for charities

REMEMBER To visit www.autismnz.org.nz for interesting articles and updates on anything to do with Autism.

The links to NEWS and ARTICLES have recent articles and items of interest.

Of interest for adults....

How a little support got me my independence.

I am a young woman with Aspergers Syndrome, who has found my own way of living independently within the community. This was achieved by an initial needs assessment with Lifelinks, Needs Assessment and Service Co-ordination (NASC) while I was still living at home. Then followed by a referral to Insight's Supported Living team (SL) who met with me and my family and devised a support plan. Kim is my community support worker (CSW) who assists and continues to support me in my daily life. There was a period of time allocated for me to learn life skills that I would need to develop to live independently. I learned to cook for myself, making curries and stir fries which are the types of food I like to cook. Sometimes they don't always turn out how I expect and one of my casseroles boiled over in the oven and I had to clean it up, I was very annoyed with this at the time but slowly learned that it's all part of the learning process.

I have learned to do my own supermarket shopping, by writing a shopping list, budgeting and planning meals makes this task a little easier. I also do my own laundry, there was a small problem when I bought the wrong laundry powder but no harm was done. There are times that I get frustrated when I can't do things but that's life.

Kim helped me to find a flat in the community when I was ready to move out of my parent's home after 28 years. We had meetings at WINZ to ask for additional financial support to pay my rent and to purchase household items. I was very nervous about moving out of home but with the support of my family and Kim I had belief in myself that I could do it.

It was a bit boring in the beginning living on my own, but now I have learned to enjoy my own space and time. Sometimes I go for a walk and also I joined a gym, I have the internet, and I belong to some community groups which interest me. I have attended university for a semester and achieved credits towards my BA at the University of Canterbury.

I am hoping to find part time employment in the future and am working towards this goal. There is another agency for supported employment that helps me look for work.

I believe I would have moved out of home at some stage. However having a support worker enabled me to move out of home earlier than without one and I have on going support, encouragement and opportunities.

Give it a go!

Contact details

Lifelinks - Needs Assessment and Service Co-ordination (NASC)

03 365 9593

For any further information/contact details you may also contact Robyn in the office.



Supported Living

We provide support workers who assist and encourage each person to develop life skills that will enable them to become more independent. All consumers we work with are encouraged to utilise existing and ongoing natural existing and ongoing natural supports that currently exist in the community.

Areas of Support

Problem solving / Budgeting assistance / Improving life skills / Education advice
 Advocacy and empowerment / Housing assistance.
 Support with accessing: Health services / Supported employment / Counseling services.

Contact Insight on 03 384 9054 for more information.



Autism New Zealand is now officially on Facebook. We will keep you up to date with latest happenings, events and news.

Please come and 'like' us at:

<http://www.facebook.com/pages/Autism-New-Zealand/132559786820572>



Training/Seminars/Workshops....

We are offering three seminars/workshops during August and September.

1. ATTENTION: prospective and current University of Canterbury students and families - AN INFORMATION EVENING (entry by gold coin donation) with the University Disability Resource Centre

When: Wednesday 31 August 7.30pm - 9.00pm

Where: Trevinos conference room - upstairs, 22 Riccarton Road

A large number of students with disabilities study at the University of Canterbury and the Disability Resource Service are there to provide support, assistance and advice to ensure that students can make the most of their time and achieve their academic goals.

The Disability Resource Service assists students with disabilities by providing appropriate, disability-related study support services and specialist resources such as:

- Practical support (e.g., note-takers, individual study spaces, individual orientations)
- Assistive technology (e.g., digital voice recorder, screen reading and voice recognition software)
- Information in alternate formats (e.g., electronic, enlarged, Braille)
- Special arrangements for exams (e.g., extra time, separate room, writer).

In addition to providing individual supports, the service also gives advice and general information on disability-related issues at the university to both students and staff.

The presentation by two of the Disability Resource Service team will provide an overview of the disability support services available at the university with staff happy to answer questions about what they do.

We have several families with students at the university and the assistance given by the Disability Resource Centre is invaluable.

2. Socially Speaking - Alison Schroeder is presenting a whole day workshop in Timaru Friday 9th September on Social Skills for young children. See the South Canterbury section (page 11) of newsletter.

3. Christchurch - Saturday morning workshop/seminar 17th Sept

10.00am - 12.00noon Trevinos Conference room, 22 Riccarton Road, Christchurch

Justine Aldous of Socially Speaking will present a 2hour workshop on **ANXIETY** in children/young people -

This seminar will outline the signs and symptoms of stress and how it impacts on our children's (and our own!) bodies and minds. Participants will develop a 'tool box' of physical and environmental strategies to help reduce feelings of stress and anxiety. Understanding the links between thoughts and how stress /anxiety develops and is maintained by these as well as ways to assist children/teens to develop alternative thought patterns will also be outlined. Anxiety related to the Canterbury earthquake will be briefly discussed, however this workshop will focus more on general feelings of stress and anxiety experienced by children/young people.

Cost: \$20.00 cash -pay at the door. Numbers will be limited. Register by emailing your intention to attend to: robyn.young@autismnz.org.nz

Family Fun Day

Due to the ongoing pressures of the Canterbury Earthquakes, and the effect it is having on the local community and businesses, the decision has been taken that the planned 3rd Annual Walk/Run 4 Autism Awareness will not be taking place in 2011. Whilst many families enjoy this event we feel that due to the level of support required this will put a bigger burden on an area that is already at stretching point.

We have however decided that there will be a Family Fun Day run instead. At present we do not have the location of this confirmed, or the finer details, but we hope to host this on Sunday 30th October 2011, the day we were originally due to host the Walk/Run.

Keep tuned for further information on this.



Support/Coffee Groups—Dates for 2011

Support Groups are informal gatherings over a cup of tea/coffee.... For parents/carers living with ASD it is a time to share knowledge, experiences and expertise, and to feel supported. Friendships and valuable support networks are formed as a result of attending these groups. Please note that Robyn is the contact person for information about all support groups and also please notify Robyn re any concerns, issues, ideas for support group meetings.

Christchurch 10.00am

Held at Autism NZ Office's Level 1, Trevino's Building, 22 Riccarton Road. (Parking available beside building)

- Friday 26th August 2011
- Friday 30th September 2011
- Friday 28th October 2011
- Friday 25th November 2011



Darfield (first Wednesday of the month) 10.00am Darfield Bakery

- Wednesday 7th September 2011
- Wednesday 5th October 2011
- Wednesday 2nd November 2011
- Wednesday 7th December 2011 (TBC)

North Canterbury (last Wednesday or Thursday of each month) 7.30pm

Held at Coffee Culture in Rangiora

- Thursday 25th August 2011
- Wednesday 28th September 2011
- Thursday 27th October 2011
- Wednesday 30th November 2011



Timaru

We are still hoping to hold **some evenings during the year. Unfortunately Feb 22nd has thrown all previous plans into disarray.** –So dates to be advised. If there is a specific area of interest you would like as a focus please contact Robyn in the office.

ALSO.....

There are contacts available for Home schooling, parents of University students and of course our **Monday night group for young adults with Aspergers.** Please contact Robyn at the office.

Sling Shot is 'Raising the Flag' for autism

Raising the Flag empowers Slingshot customers to choose to have a portion of their monthly bill donated to an Autism NZ Branch. Then each month, Slingshot will send us a cheque to help those affected by an Autism Spectrum Disorder.

To join Slingshot for internet and tolls, visit www.slingshot.co.nz/autismnz or phone **0800 89 2000.**

If you are already a Slingshot customer, simply let them know you want to be part of this programme and they'll link your account.



E-news

Canterbury Branch can bring you regular news about courses, upcoming events and happenings direct to your computer.

This news comes out as and when there is the demand and is a great way for you to know what is happening.

If you would like to be included please email:

robyn.young@autismnz.org.nz

Newsletter via email?

If you would like to receive the Canterbury Branch Newsletter via email rather than post then please contact the branch. By doing this you would help to cut down the costs involved in producing each edition. Thank you!!





Canterbury Branch Activities

Unfortunately following the February 22nd Earthquake we have had to put on hold any of the new plans for activities we had for the start of 2011.

Rest assured though we are still looking at these options, but as everyone will understand we have had other priorities from an office point of view.

Existing activities however have once again started back up so please feel free to go along, or contact Steve in the office, for more details.



Clip 'n' Climb @ The Roxx:

Monday's 4pm - 5.15pm—\$8
per session

Ten-Pin Bowling @ Garden
City Bowl:

Tuesday's 7pm onwards—
\$10 per session

Badminton @ Badminton
Hall, (next to Cowles Sta-
dium, Pages Road):

Monday's 4pm - 5pm

Do you want to advertise in the Autism New Zealand Canterbury Branch Newsletter?

Please contact the branch on (03) 343 2225 to find out more details

NANCY TICHBORNE'S SIGNED PRINTS

22 to choose from

Priced from \$60 - \$70

See them in full colour on
www.watercolours.co.nz



New Zealand Calendar Company
RD 2, Akaroa 7582, New Zealand
Phone: 03-304 5678

Email: tichborne@watercolours.co.nz
www.watercolours.co.nz



LOOK NO FURTHER

What is it that you need ?

For all your practical, educational,
sensory needs.
We would love to improve your day!!



Contact Kylie and Michael Rowland.
Let us know exactly what you want.
We are here and ready to help.



Ashbrook Products
Quality Indoor & Outdoor Wooden Products

Tel: 03 3149 694 email: info@ashbrook.co.nz www.ashbrook.co.nz

West Coast....

There is a new **Support Group** for those living and working with ASD thanks to one of our families who have set this up in conjunction with Supporting Families in Greymouth.

The first get together was in July and was very successful. The coordinators are planning a series of guest speakers from various service agencies - a great way to share information and learn first hand what everyone does.

This group will be held:

The last **Thursday** of each month

At **The Hub, 2 Sturge St, Greymouth**

Time - **10.00am - 12.00 noon**

Any enquiries to Jo (03) 732 4566 or to Karen at Supporting Families (03) 768 4290

Thanks Jo and Karen.

South Canterbury News....



Alison Schroeder Presents.....

The Friendship Formula

Developing social skills and relationships in primary/intermediate aged children

Course content:

This is a practical hands on workshop aimed to develop the understanding of:

- Why we need relationships and friendships
- Typical social development in children
- Challenges that impact on the ability to develop social skills and friendships (with an emphasis on children with special educational needs e.g. Autistic Spectrum Disorder, Dyspraxia, ADHD, Gifted and children who struggle to develop meaningful relationships and play skills with others)
- Knowledge of practical and useful strategies to implement with students

Who should attend:

Teachers, Special Needs Co-ordinators, Principals, Teacher Aides, Resource Teachers of Learning and Behaviour, School Counsellors, Speech & Language Therapists, Parents etc.

This workshop is limited to 50 places to allow group discussion, time to try out a range of activities and games and hands on learning.



Workshop Presenter - Alison Schroeder is a Speech & Language Therapist/Primary School Teacher who has written a number of social skills and language resources (including The Friendship Formula, Socially Speaking and Time to Talk books and games) which are published in the United Kingdom and used throughout the world.

Alison runs her business 'Socially Speaking' alongside an Occupational Therapist, providing services for children/teens with social, sensory and communication difficulties in Christchurch. Alison has had over 20 year's experience of working with children who have language and communication difficulties (in New Zealand, England and Hong Kong) and has specialised in the area of social communication

Alison's resources will be available for perusal and purchase on the day.

Course Details: Timaru
Location: Gleniti Baptist Centre
Gleniti Road

Date: 9th September
Time: 9.00am-2.30pm

Cost: Only \$80.00: Price includes morning tea, tea, coffee etc and handouts

Queries: Contact Robyn Young 03 343 2225 Ext 702 or robyn.young@autismnz.org.nz

Confirmation of Registration will be by email to all delegates

REGISTER TODAY: (registrations will close Friday 2nd September. \$20.00 late fee will apply)

Choose one of these options:

Email the required details to: robyn.young@autismnz.org.nz

or

Mail registration with payment to: Autism New Zealand, Canterbury Branch, PO Box 42014, Tower Junction, Christchurch 8149

Attendee Details:

Surname:
First name:
School/Home Address:
School/Home Phone Number:
Mobile number:
Email:

Payment

Make Cheques Payable to: Autism New Zealand, Canterbury Branch

*Internet Banking: Westpac 03 0866 0449 749 17 Please use: **SSTimaru and your Surname** as a reference for internet banking - we need this to identify payments Thank you.*

Cancellation Policy

No registration refunds will be made. Registration can be transferred to someone else.



Key Dates

AUGUST 2011

- 25 West Coast Support Group 10am-12 noon
- 25 North Canterbury Support Group 7.30pm
- 26 Christchurch Support Group 10am
- 31 Evening with University of Canterbury Disability Resource Centre—7.30pm

SEPTEMBER 2011

- 7 Darfield Support Group—10am
- 9 Social/Communication Skills with Alison Schroeder—Timaru—9am - 2.30pm
- 17 Anxiety Workshop with Justine Aldous 10am-12noon
- 28 North Canterbury Support Group 7.30pm
- 29 West Coast Support Group 10am-12 noon
- 30 Christchurch Support Group 10am

OCTOBER 2011

- 5 Darfield Support Group—10am
- 10 Holiday Programmes Begin
- 21 Holiday Programmes End
- 27 West Coast Support Group 10am-12 noon
- 27 North Canterbury Support Group 7.30pm
- 28 Christchurch Support Group 10am
- 30 Family Fun Day

NOVEMBER 2011

- 2 Darfield Support Group—10am
- 24 West Coast Support Group 10am-12 noon
- 25 Christchurch Support Group 10am
- 30 North Canterbury Support Group 7.30pm



FUNDING FOR THIS NEWSLETTER
HAS KINDLY BEEN PROVIDED BY
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Disclaimer

Autism NZ Inc—Canterbury Branch does not necessarily support, endorse or recommend any method, treatment, product, programme or therapist for those with an Autism Spectrum Disorder.

We do however, seek to inform, in the belief that you have the right to know, so that you can make informed choices.

Change of Address!

Please remember to let us know if you have a change of address, telephone number or email address, so that we can update our records.

Thank you!!



A big thank you

We would like to say a big thank you to the following people/organisations that have supported us within the last 3 months:

- Frozen Funds Charitable Trust
- Ministry of Social Development
- Farina Thompson Charitable Trust
- Anna Crozier

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Name: _____

Address: _____

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