



**Autism New Zealand Inc.**  
Including Asperger Syndrome and Related Disorders



## Canterbury Branch Newsletter

# Mind Matters

### *Chairpersons Report.....*

I hope you are all safe and well after our traumatic time in Christchurch. My thoughts are with you all and hope you are rebuilding in strength and well being. Christchurch is certainly now a very different place. I would like to thank Robyn for all her work in supporting families where needed in this difficult time.

It was good to see that the Autism New Zealand Canterbury Branch Holiday Programmes were able to continue in the holidays. A big thank you to all the staff involved.

The Canterbury Branch committee have met once this year so far and will be meeting again on 31st May. We are revisiting our Strategic Plan and developing our services from there. Everyone is welcome to attend.

We are also developing a survey which will be requesting your views on whether we are providing an effective service. I realise that you all lead busy lives but would appreciate your feedback to ensure we are meeting your needs. We aim to be providing a valuable service to our families.

Due to the earthquake we are limiting our fundraising events this year but we do hope to run our family fun day (where the 3rd Annual Walk/Run 4 Autism Awareness will take place) on Sunday 30th October 2011. We hope to see you there! Keep an eye out for all the finer details.

We hope to be running some Saturday morning workshops later in the year. We will let you know closer to the time.

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

**Megan Gare**

*Canterbury Branch Chairperson*

*May 2011*

#### **Inside this issue:**

From the Office	2
Meet the Branch Committee	3
Life Coaching	4
Useful information in relation to recent earthquakes	5
Of interest for adults	6-7
Upcoming Courses & Seminars	8
Support Groups	9
West Coast	10
South Canterbury	11
Key Dates	12
Thank You's	12

### *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*

#### **Physical Address:**

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

*Riccarton, Christchurch 8011*

#### **Postal Address:**

*PO Box 42 014*

*Tower Junction, Christchurch 8149*

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.

**Phone:** (03) 343 2225

**Fax:** (03) 348 2527

**Email:** [canterbury@autismnz.org.nz](mailto:canterbury@autismnz.org.nz)



## *At the Office - a note from Robyn*

**Again – we seem to be playing ‘catch-up’ – this time following the Feb 22<sup>nd</sup> earthquake.**

We did endeavour to make contact with as many of our families as possible in the worst affected areas of Christchurch immediately following the earthquake. However we are cognisant of the fact that with power outages many families could not be contacted by email or phone and also many were/are residing outside of Christchurch. We have many of our members residing in the Eastern and other worst hit suburbs. To those of you with children, we are aware of many many changes with schools which will add to difficulties in maintaining routine and sameness. I am available for information sharing with schools, teachers and others working with children/adults with ASD.

Our office is open for all enquiries, visits and information. All of our support groups are happening again and of course the National bookstore and library are all functioning as per usual.

**Please note: Canterbury is NOT taking part in the Annual Appeal for Autism New Zealand** this year. The timing with the recent earthquake is not appropriate.

**Canterbury will also not be running any seminars/training until the second half of the year.**

Our heartfelt thoughts go out to all of our members, your extended whanau and friends. For all of us living in Canterbury the establishment of the new ‘normal’ or the new ‘business as usual’ is a priority. I am in awe at the tenacity and resilience of so many Cantabrians and I wish you all well in the weeks and months ahead.

**Ka mate te kainga tahi, ka ora te kainga rua**

Kia ora Kia koutou

**Robyn**

*Service & Support Coordinator*

## *Looking to the future - a note from Steve*

**Following the effects of 4th September, the last thing we wanted to be doing again at the start of 2011 was having to rebuild from the bottom once again.**

The start of the year has been hard for everybody, near enough every family in Christchurch, and further afield will have known, or at least know of someone that has been badly effected by February 22nd. As Robyn has mentioned in her note, our heartfelt thoughts go out to all of our members, extended family and friends. We will come back from this stronger once again, and as per September we are all here for one another.

Despite the major disruptions the latest quake has caused, the decision was taken almost immediately that for the April Holidays we had to try and ensure we were still able to provide the Holiday Programme as a service for our families.

Whilst across the board we have had reduced numbers on a couple of programmes, we have seen on a couple of others that there has actually been an increase (which is always a promising sign). These programmes, especially in this tough time, have provided essential respite care and a sense of normality for the children attending.

Some of the planned expansions for our Activities have had to be put on hold at present whilst we assess where the ‘new normal for Christchurch’ is at, but rest assured I am still looking at ideas and alternatives in which we can extend.

We are also pleased to announce that the 3rd Annual Walk/Run 4 Autism Awareness will be taking place in North Hagley Park on Sunday 30th October 2011, so make sure you mark that date in your diaries as more information will follow shortly around that.

For now though stay strong, and remember we are always about if you need any help or guidance,

**Steve Potter,**

*Programme Coordinator*



## Meet the Canterbury Branch Committee



### Megan Gare – Chairperson

Hi. My name is Megan Gare. I am a senior teacher at Allenvale School which is a specialist school. I teach a class of students with autism and have done so for the last ten years. Autism is a passion of mine! I have a diploma in 'Education of students with special teaching needs' and I am also the secretary on the 'New Zealand Special Education Association' committee.

I am looking forward to an exciting year with the committee and being the Chairperson this year! We have a dedicated team and we always welcome new members. This year we would like to reflect on our services that we provide and would value your input to ensure we are providing an effective service. There will be a survey out shortly so please fill it in and let us know your feelings. Due to the earthquake we will be limiting our fundraising events this year but we do hope to run our family fun day (where there is a walk or run) later in the year. Take care

### Laurie McLay – Secretary

I am an ABA programme supervisor working in Christchurch and Wellington with children and adolescents with an ASD. I have worked with children with an ASD for the past 10 years. I am also currently studying towards a PhD at the University of Canterbury. I am looking forward to working as Autism NZ, Canterbury Branch secretary this year.

### Kate Sutherland – Treasurer

Kate Sutherland is mother to a 6 year old boy with autism, and also has two daughters aged 9 and 4. Kate's background is in business banking (BNZ) and so she is filling the Treasurer's position this year. Kate is also involved with an ABA Trust.

### Alison Schroeder

I am a mother of two boys aged 8 and 10 who keep me on my toes! I am a speech and language therapist and have my own business called Socially Speaking where I work alongside an Occupational Therapist supporting children/teens with social, sensory and communication difficulties (including those with Autistic Spectrum Disorder). I also have written a number of books and games to support these children at home and school with social relationships and emotional regulation.

### Barbara Ross-Davis

I have worked in the field of intellectual disability for nearly 30 years. I have always had a particular interest in Autism Spectrum disorders. I am a tutor in the Workskills programme at CPIT and I am the Programme Leader for courses that enable people who have an intellectual disability access to education at a tertiary level

### Glenys Fry

I have a 19yr old son, Michael who has Autism and attends Hillmorton High School. I also have two other children who are older than Michael and I am married to Chris. I have been involved with Autism NZ in Canterbury since Michael was four and I am also on the Autism NZ Board, in my second term.

### Jacinta Grice

Jacinta Grice manages Upland at Hillmorton High School which enrolls students with high and very high needs. Last year she completed a graduate diploma in special education and became interested in using iPod touch and iPads as communication devices and organisational tools for students with autism. She is also the outgoing chairperson having just completed a 2 year term in the role.

### Leith McMurray

I am 64 years old and was diagnosed with Aspergers Syndrome about 6 years ago. I also have a chronic depression and anxiety disorder. Sensory issues especially that of noise, have made my life very difficult (In addition to the problems with social skills inherent in AS).

I have a B.A. in English, a post-graduate Diploma in Social Work and recently founded Aspiehelp, a mentoring service for adults affected by Aspergers Syndrome. I am also a member of the ASK (Autism Spectrum Kiwis) Trust, which is a peer-run social support group for independent adults on the ASD spectrum.

### Viv Mehtens

Hello. I am the mother of a 20 year old Aspie and as a result have spent the last eight years studying all things Aspergers / Autism and special needs. In my spare time I enjoy being in the garden and restoring old furniture.





*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 learn to talk, negotiate and plan for success so that they start to get the jobs and relationships they want instead of feeling stuck. This series will give you some hot tips on how to have effective conversations with shy young people. For more specific assistance please contact me on 981 1650 or email [alison@thinklifecoaching.co.nz](mailto: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

- 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 they see their 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 him more effectively.

**Arrange a time to talk instead of expecting an enthusiastic response when he isn't expecting to talk with you.** It's more than likely that he's away in his own world and doesn't want to be jolted out of it for your convenience. It'll take time and encouragement for him to be prepared to come out and chat. When that time arrives, give him your full attention even if it's only brief.

If you'd like to read another five tips in advance of seeing them in this newsletter then go to [www.thinklifecoaching.co.nz](http://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](mailto:alison@thinklifecoaching.co.nz) [www.thinklifecoaching.co.nz](http://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

## *Aspie Help*

**Aspiehelp is a new service for adults with Asperger syndrome who are looking for information, support, employment advice etc.** This is a "peer-driven" service, in that all our staff are Aspies and so have "lived experience" of what it is like to be an Aspie. We are not psychotherapists but we do provide holistic counselling in a distinctively Aspie way.

We are happy to talk to people who have questions, either for themselves or a member of their family.

The service is run by the Aspire Charitable Trust so that no-one is excluded on the grounds of payment. Donations are welcome or we can provide quotes for a Disability Allowance contribution if you are eligible. (This is because we want Work and Income to be aware that people with AS do require support and help, and applications for Disability Allowance will make this clear)

To make an appointment, please phone Leith McMurray (337 2008) or Jan Brooking (338 1123). Further information is available on our website, [www.aspiehelp.com](http://www.aspiehelp.com)

## *Useful websites/info in relation to recent earthquake...*

### 1. ARE YOU A PERSON WITH A DISABILITY? FAMILY MEMBER? SUPPORT ORGANISATION OR SERVICE?

- Need information about the disability sector response to the Canterbury Earthquake? Visit [www.newzealanders.org](http://www.newzealanders.org)

### 2. What's Open in Christchurch

<http://www.whatsopen.co.nz/>

Providing the best guide to your post-quake city: Christchurch.

### 3. [www.tautoko.org.nz](http://www.tautoko.org.nz) go to TOOLS then Earthquake.

This is a workbook designed for parents to go through with their child or young person following an earthquake. It is intended as a resource only to be used with an adult, and it is not appropriate to give it to a child without a parent assessing suitability and guiding them through the workbook. *This can be modified, pieces extracted to suit individual needs.*

### 4. Other very good websites.

[www.skylight.org.nz](http://www.skylight.org.nz) (Or phone 0800 299 100 for direct support)

[www.moh.govt.nz](http://www.moh.govt.nz)

[www.kidshealth.org.nz](http://www.kidshealth.org.nz)

[www.theparentingplace.com](http://www.theparentingplace.com)

[www.brainwave.org.nz](http://www.brainwave.org.nz)

### New Zealand Blogs:

<http://eqnzsupport.wordpress.com/category/helping-children/>

<http://eqnzsupport.wordpress.com/category/helping-adolescents/>

### International Sites

<http://www.nctsnet.org/trauma-types/natural-disasters/earthquakes>

## *Earthquake Trauma Counselling.....*

FREE Earthquake Trauma Counselling available at

**The Harakeke Centre**, 172 Papanui Rd, St Albans, Christchurch

Ph: 03 356 0000 (*Call to arrange an appointment*)

For children, teenagers, families, couples and individuals

### **Are you still reeling from the quake?**

The Heart Foundation is offering free seminars on coping, staying positive, dealing with stress and heart health.

*Thursday 26 May: 5.30 - 7.30 pm - Copthorne Hotel Commodore, 449 Memorial Ave*

*Friday 27 May: 12 - 2 pm - Salvation Army Hall, 17 Southhampton Street, Sydenham*

*Saturday 28 May: 10.30 - 12.30 - The Woolston Club, 43 Hargood Street, Woolston*

Speakers:

*Professor Norman Sharpe* - Medical Director of the Heart Foundation.

*Professor Grant Schofield* - Director, Centre for Physical Activity and Nutrition Research, AUT University, to speak on Stress and Resilience.

*Lucy Hone (MAPP)* - Vitality Works, Christchurch local and Mum, to speak on Applied Positive Psychology and practical tools.

*Dr. James Blake* - Local cardiologist, to speak on the impact of the earthquake on heart health.

It is easy to register:

Online [www.heartfoundation.org.nz](http://www.heartfoundation.org.nz) or <http://www.heartfoundation.org.nz/index.asp?pageID=2145889124>

Phone 03 366 2112      Email [veronical@heartfoundation.org.nz](mailto:veronical@heartfoundation.org.nz)





## Other useful info. . . .

REMEMBER TO visit [www.autismnz.org.nz](http://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.

Some very interesting websites have been noted in a recent Dyspraxia newsletter – these I can see will also have interest for many people with ASD.

[www.spldtransitions.co.uk](http://www.spldtransitions.co.uk) practical advice with transitions including school – primary to secondary and then on to work

[www.boxofideas.org](http://www.boxofideas.org) tips for school divided into age groups. Tips for home in four sections. Lots of videos and advice.

These are both UK based websites so not everything can be directly applied to NZ.

[www.move627.org](http://www.move627.org) – interactive games in Kidszone – helps decision making, logical thinking and mouse control.

## Of interest for adults. . . .

The **National Bookstore and Library** has some excellent books available for adults with ASD as well as for people working or living with/alongside adults with ASD. The Library/bookstore is located alongside our Canterbury office. Some recommended reading:

### Asperger Syndrome and Adults... Is Anyone Listening

By Karen Rodman

The difficulties faced by people with Asperger Syndrome (AS) cannot be underestimated, but the emotional problems experienced by those around them - partners, family and friends - are often overlooked. This book provides the emotional support, insight and understanding needed to deal with the emotions that AS evokes within close relationships.

### Coming Out Asperger Edited by Dinah Murray

*Diagnosis, Disclosure and Self-confidence*

With contributions from some of the best-known and most exciting writers in the field of Autism and Asperger Syndrome (AS), this new book examines AS diagnosis and disclosure (selective or otherwise) from many different perspectives. Drawing on anecdotal, professional and research-based evidence, Coming Out Asperger looks at the impact on children and adults of an AS diagnosis, as well as the effect on parents, teachers, colleagues, siblings and partners. Having considered the social model of disability and the role of diagnosis within it, the contributors go on to cover a range of issues, from the effect of a diagnosis on self-confidence and esteem (Liane Holliday Willey), to a clinician's view of sensitively disclosing a diagnosis to parents (Tony Attwood). Luke Jackson and Eoin Mason write first hand about the effect of being diagnosed with and experiencing AS as children and adolescents; Jacqui Jackson and Jennifer Overton look at how a diagnosis impacts upon family life and how to tell children that they have AS. The ever-difficult question of who and when to tell once a diagnosis has been confirmed, and how to deal with relationships and sexuality, are also discussed. This book is an essential guide for people with AS, parents, teachers, professionals and all those who have ever felt confused about revealing a personal issue.

Visit <http://www.autismnz.org.nz/shop/index.php>

## 22 Things a Woman Must Know if she Loves a Man with Asperger's Syndrome

*By Rudy Simone*

This book will help women to understand the male Asperger's mind and, equally, it can help men with AS to see things from their partner's perspective. It will also be of interest to counsellors working with couples where the male partner has Asperger's Syndrome.

Although having Asperger Syndrome (AS) can make romantic relations difficult, having a fulfilling relationship with an Asperger man is certainly not impossible. A woman in love with a man with AS may interpret his difficulties with communication and socialization as a lack of interest in the relationship. He may vacillate between being gentle and caring to seeming cold and distant. She may find his behaviour hard to understand, resulting in feelings of loneliness, isolation, and confusion. This book shows how to overcome these difficulties and maintain a loving relationship with an AS partner.

From an unwillingness to show affection in public or even sleep in the same bed to problems holding down a job, this book looks at 22 common traits that women may discover when they are dating, living with or married to a man with Asperger's Syndrome. Rudy Simone explores the complications of Asperger's relationships with honesty and understanding, drawing on research and personal experience to inform and advise women with AS partners. She offers helpful tips for improving the relationship and finding fulfillment both individually and as a couple.

### Alone Together: Making an Asperger Marriage Work

*By Katrin Bentley*

Communication is one of the biggest challenges faced by people with Asperger's Syndrome (AS), yet an Asperger marriage requires communication more than any other relationship. Thousands of people live in Asperger marriages without knowing the answers to important questions such as 'What behaviours indicate that my spouse has AS?' 'Is it worthwhile to get a diagnosis?' 'Is there hope for improvement?'

Katrin Bentley has been married for 18 years. Since receiving her husband's diagnosis of AS, their marriage has improved substantially. They learnt to accept each other's different approaches to life and found ways to overcome problems and misunderstandings. Today they are happily married and able to communicate effectively.

Alone Together shares the struggle of one couple to rescue their marriage. It is uplifting and humorous, and includes plenty of tips to making an Asperger marriage succeed. This book offers couples hope, encouragement and strategies for their own marriages.

### Asperger Syndrome and Long Term Relationships

*By Ashley Stanford*

Written by the wife of a man with Asperger Syndrome (AS), this book will provide the answers to many of the questions asked by the increasing number of people in that situation. Ashley Stanford explains how behaviours that may have appeared odd - or even downright irritating - are the manifestation of AS, and shows how understanding can lead to change, or to greater tolerance.

## *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. Seeking Parents of adults with ASD**

We have a family who have their adult son (30yrs) living at home. 'Mum' would like to meet with other parents of adults with ASD living at home. If you are interested in meeting up with others in a similar situation please contact Robyn in the office.



## Training/Seminars/Workshops....

### Discounted Seminar Offer to Autism New Zealand Members

**Autism & Challenging Behaviour** - Understanding, Preventing and Managing Challenging Behaviour within the Autism Spectrum

In this one day workshop Professor Rita Jordan will discuss how challenging behaviour in Autism is not a characteristic of a person, but rather the result of individuals reacting to environments. The reasons why challenging behaviour often arises in Autism will be discussed, including biological, psychological and social influences. Professor Jordan will discuss how challenging behaviour is often the result of difficulties in understanding self and others, poor communication and vulnerability to panic and fear.

Some of the other key areas of discussion will include

- Understanding sensory issues
- Assisting with impulse control
- The role of emotional regulation
- Looking for idiosyncratic motivation
- Coping with panic reactions
- The effects of eating and sleeping disorders
- Developing a sense of the consequences of one's actions
- Rules and sanctions
- Mental health issues (especially Anxiety)
- Working across all environments
- A curriculum approach to managing challenging behaviours

Rita Jordan is Emeritus Professor in Autism Studies at The University of Birmingham where she has overseen the development of a range of professional development programs in Autism studies. Rita has established two journals in Autism (one of which she co-edited for 11 years) and is regularly invited to speak on the topic at various professional forums throughout the world. We anticipate that these workshops could be fully subscribed and would encourage you to register early to secure your place.

**Details: CHRISTCHURCH: Monday 23rd May 2011. Riccarton Park, 165 Racecourse Road, Upper Riccarton**

**Time: 9:00am - 4:00pm**

**Cost: Only \$189:** (This price has been discounted exclusively for Autism New Zealand members; please note your name will be checked against the Autism NZ database to confirm membership). Price includes lunch & presentation notes.

Non Autism NZ members can register at the full price of \$210 via our website at [www.compass.ac.nz](http://www.compass.ac.nz)

Confirmation of Registration will be emailed to all delegates. Any enquiries, call Compass Seminars on (06) 7591647

## 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 Stadium, Pages Road):**

**\*\* NOW Monday's 4pm - 5pm \*\***

## Do you have any unwanted toys/games consoles etc...

As part of our Holiday Programmes we are always on the look out for new toys etc for the programmes. As a Charitable Organisation this is always hard, but we do find from time to time that families have old (but in good condition) toys, games consoles, portable tv's, video/dvd players etc available that they no longer use. If this is you, and all they are doing is sitting idle at your home then please contact Steve as these items could be of use for our programmes in Christchurch and Timaru.

Following a similar request out to Holiday Programme families we have received some great items, especially a Thomas the Tank train set that went down exceptionally well on the April Programme.... So please try and help us out if you have anything going spare.



## *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 27th May 2011*  
*Friday 24th June 2011*  
*Friday 29th July 2011*  
*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 1st June 2011*  
*Wednesday 6th July 2011*  
*Wednesday 3rd August 2011*  
*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

*Wednesday 25th May 2011*  
*Thursday 30th June 2011*  
*Wednesday 27th July 2011*  
*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 22<sup>nd</sup> 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.

## *Appeal 2011*

**Due to the devastating effects of the February 22nd Canterbury Earthquake, the decision has been made from the Autism New Zealand Canterbury Branch Committee that we will not be taking part in the annual collection in Christchurch this year.** Whilst this will be a blow to our fundraising efforts for 2011, we have taken the decision in the best interests of Christchurch residents and business owners in this difficult time.



# All Feet Can Dance



The Southern Centre invites you to come and join us for a 6 week programme of fun-filled activities and creative movement !

- WHERE: Mind & Body Studio, Pioneer Recreation and Sport Centre
- WHEN: Mondays 9 May – 13 June
- TIME: 11.00 am – 11.45 am
- COST: \$37.50
- REGISTER: Tuesday 26 & Thursday 28 April
- CONTACT: Victoria Ball or Trisha Ventom  
Phone 027-2852089  
Email victoria.ball@ccc.govt.nz

## NANCY TICHBORNE'S SIGNED PRINTS

22 to choose from

Priced from \$60 - \$70

See them in full colour on [www.watercolours.co.nz](http://www.watercolours.co.nz)



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

Email: [tichborne@watercolours.co.nz](mailto:tichborne@watercolours.co.nz)  
[www.watercolours.co.nz](http://www.watercolours.co.nz)



### West Coast....

**WEST COAST members.....** Parent to Parent are bringing one of there SibShops to the West Coast on the **28 May 2011.**

This busy interactive days for siblings. Issues are discussed and feelings shared in a SibShop interspersed with team building games, theatre sports and lots of fun. The young people are supported by facilitators and leaders who also have brothers and sisters with special needs.

We need help to reach those who would benefit from this support so please encourage families to get in touch if they want to see these highly beneficial workshops in your area. Without the interest the opportunity will be lost.

Parent to Parent’s SibSupportN.Z. programme is designed for children aged from eight to eighteen years, who do not have special needs themselves, and who have a brother or sister with a disability or special need.

Interest can be expressed calling Parent to Parent National Office on 0508 23623 or by emailing [sibsupport@parent2parent.org.nz](mailto:sibsupport@parent2parent.org.nz)

## South Canterbury News...

Due to the Feb 22<sup>nd</sup> Earthquake and the disruptions this has caused I have not scheduled my usual trips to South Canterbury for 2011. Dates of Support group evenings and any other events will be sent out via email early in May hopefully.

I have had contact with a small number of our South Canterbury families so far this year. I hope all is going well for you.



### Holiday Programme...

Unlike the counterparts in Christchurch, the Timaru Autism New Zealand Canterbury Branch Holiday Programmes have been unaffected.

Following a successful 3 week programme over the Summer months, including day trips to Oamaru, the programmes continue to run smoothly thanks to the enthusiasm and knowledge our Timaru based staff bring along.

With us now starting to approach the winter months we have started to look at ideas for more activities, and as with the younger group last July, we are planning on a day trip to Lake Tekapo Winter Park and Pools for both of our groups this time around.

If you would like any more information on the Timaru Holiday Programmes, Monday, Wednesday & Friday for 5-12 year olds, Tuesday & Thursday for 13-21 year olds, then please contact Steve in the Autism NZ Canterbury Branch Offices.



### Football Sessions in South Canterbury

Special Olympics South Canterbury club are introducing Football as part of their sports training sessions.

Starting from Monday 2<sup>nd</sup> of May 2011 at Sir Basil Arthur Gymnasium at Washdyke, time 5pm to 6pm. Cost \$2.

Special Olympics Otago football coach Graeme Aitken, will be joining the group for the first session, sharing with the group a typical Dunedin training session, one which encompasses all levels of intellectual disabilities.

Sessions from here will then be on-going and all are welcome to come along any Monday evening and get involved.

*For more information please contact the office or go along to a Monday evening session.*



## Latest News

Autism New Zealand now has a new look website, with the Canterbury Branch section being regularly updated with a new design. Please check it out at:

[www.autismnz.org.nz/Branches/Canterbury.php](http://www.autismnz.org.nz/Branches/Canterbury.php)

### 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!!



### 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](mailto:robyn.young@autismnz.org.nz)



## Key Dates

### MAY 2011

- 25 North Canterbury Support Group 7.30pm
- 27 Christchurch Support Group 10am
- 28 Parent to Parent Sibling Workshops—West Coast

### JUNE 2011

- 1 Holiday Programme Application Closing Date
- 1 Autism New Zealand Library Open Day 10am-4.30pm
- 1 Darfield Support Group 10am
- 24 Christchurch Support Group 10am
- 30 North Canterbury Support Group 7.30pm

### JULY 2011

- 6 Darfield Support Group 10am
- 18 Holiday Programme
- 27 North Canterbury Support Group 7.30pm
- 29 Christchurch Support Group 10am
- 29 Holiday Programmes end

### AUGUST 2011

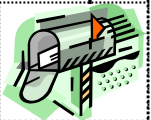
- 3 Darfield Support Group 10am
- 25 North Canterbury Support Group 7.30pm
- 26 Christchurch Support Group 10am

FUNDING FOR THIS NEWSLETTER HAS KINDLY  
BEEN PROVIDED BY PUB CHARITY



### 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

Following the 2011 Summer Holiday Programme, and after 18 years of working on the Autism New Zealand Canterbury Branch Programmes as the Supervisor for the Marshlands Group, Resi Cole took the decision that it is time for her to step away from the role and the programme. Resi has done a tremendous job with the group and all that have been in her care over the past 18 years, and will be hugely missed by children, families and staff on the programme.

As a Branch we are fortunate that Resi has done such a tremendous job that the programme has been left in a great position for us to continue for years to come. Some of the ideas and initiatives which have been implemented by Resi leave the Marshlands Programme, and all the other programmes with a solid base in which we can look to develop and expand further.

A huge thank you goes out to Resi from all involved at Autism New Zealand Canterbury Branch.

We would also like to say a massive thank you to the following individuals and organisations who have provided us with generous donations and grants over the last 6 months. As a not for profit organisation we rely heavily upon this support to enable us to offer the services that as a branch we can offer.

- Elizabeth Bridge Club
- Ministry of Social Development—*Development Funding for Timaru Holiday Programme*
- KR & CA Marychurch
- DM Sullivan
- Glens Vacancies Ltd Property
- BBR & KJ Mcomish
- Alice Johns

The following people put in a tremendous extra effort in the 2nd Annual Walk/Run 4 Autism Awareness back in October and raised a lot of sponsorship money between them. All have their own tremendous story of courage and determination to tell on the event. Many thanks to all.

Scott & Sadie Watson—\$294	Jackie Broom
Gus Hayman—\$256	Sarah Anderson
Blackburn family	Ava Thomas
Michael Hayes	Wendy Wilson

### 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.