



Autism New Zealand Inc.

Including Asperger Syndrome and Related Disorders

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Manawatu Branch Newsletter

22nd of July,
2009

Manawatu Autism NZ Local Branch Information:

Matthew Frost:

Autism NZ Manawatu, in association with Awatapu College are excited to have organised Matt Frost to deliver two seminars in Palmerston North on Saturday the 25th of July.

Matt gives an extremely interesting and informative presentation about his own personal experience of Asperger's Syndrome. This includes his achievements and the challenges he has experienced both while growing up and as an adult. Matt works for CCS Disability Action in Wellington and is also the Chairperson of the New Zealand ASD Guidelines Implementation Committee. He has a Honours Degree in History and Politics from Victoria University. As well as politics, cricket is a particular interest of Matt's and he is the Manager of the Karori Men's Cricket Team and is often the official score keeper for matches played at the Basin Reserve in Wellington.

Matt will give two presentations:

Asperger Syndrome as a Teenager:

This presentation is aimed at teenagers with Autistic Spectrum Disorders and their families. It will also be useful for professionals who work with this age group. This presentation is at Awatapu College Auditorium, from 10-11.30am on

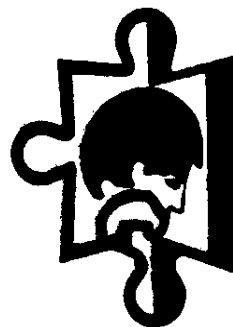
Saturday the 25th of July.

Asperger Syndrome as an Adult:

This presentation is aimed at adults with Autistic Spectrum Disorders and their families. It will also be useful for professionals who work with this age group. This presentation is at Awatapu College Auditorium, from 1-2.30pm on Saturday the 25th of July.

During both presentations Matt will also give a short introduction to the New Zealand ASD Guidelines and update us on the work currently being done to implement these guidelines.

To register for the seminar please contact Paula Love (see contact details above).



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Manawatu Autism NZ Support Group:

Our local Manawatu Autism NZ support group is held at Café George on the third Thursday of each month. Next month's support group will be on Thursday the 20th of August at 7.30pm. Café George is on the Corner of George and Main Streets, Palmerston North. The support group is a time to share information and support with other individuals on the spectrum, parents and family members.

Thank you for the feedback we received regarding the possibility of our local Autism NZ Branch organising a second support group in Palmerston North each month. It has been suggested that an adults day time group would be good for those who are unable to attend in the evening.

Thank you also for the replies we received regarding the possibility of running a support group in Levin once a month and alternatively possibly organising shared transport to bring a group up to the Palmerston North group at Café George. We welcome further feedback on the above ideas. Please contact Paula Love (see contact details above).



Tararua Support Group:

An ASD family support group is held in Dannevirke on the 3rd Wednesday of each month at lunch-time, from 12-2pm. This is facilitated by Tararua REAP and is held in their buildings in Gordon Street. For more information contact Wendy at Tararua REAP on (06) 3746565

Local Autism NZ Committee:

Lorna Hunter has recently resigned as the Chairperson of our local Manawatu branch of Autism NZ to take up a position with Altogether Autism. We thank Lorna for her great leadership of the committee and the many hours of work she has voluntarily put in over the past few years. We are grateful to retain Lorna's services as a member of our committee. Susan Forbes is currently our Acting Chairperson.

We welcome the following new members to our committee; Dina Cole, Louise Moss, and Tracey Dick.

Autism NZ National Information:

Autism NZ National Branch has Moved Premises:

The National Branch of Autism NZ has moved premises. Their new address is Level 1, Trevino's Building, 22 Riccarton Road, Christchurch and Phone number is 03 348 2526. They have a call forward function on the existing number so that will continue to work for a while too. You can also contact them by phone on 0800 autism. The Autism NZ website is also currently being updated.

Courses:

SPELL – Autism NZ:

SPELL is a framework developed by the National Autistic Society UK. It underpins all areas of work, and provides a strong basis for good practice, and a shorthand tool for problem solving. It is set within the context of each person having an individual plan designed to meet their specific needs and interests.

S – Structure

P – Positive expectations and approaches

E – Empathy

L – Low arousal

L – Links

The aim of SPELL is to be used throughout all services to maximize life and learning opportunities for people with ASD. This is a two day course which runs from 9am to 3pm each day.

This course is free for parents, foster parents, family/whanau, and other volunteer caregivers, including their child's teacher aide. There is a charge of \$220 (incl. GST) for professionals (i.e. teachers, therapists etc.). The closest venues to the Manawatu for this course are New Plymouth on the 25th and 26th of August, Wellington on the 27th and 28th of October and Taupo on the 10th and 11th of November. For more information and to register contact Michelle de Boer at the Autism NZ National Office, Michelle@autismnz.org.nz



S.P.E.L.L. Training

Bay of Plenty Autism NZ Branch Conference:

Exploring the hidden DiSAbilities

September the 19th and 20th, 2009 at the Royal Lakeside Novotel, Rotorua. Speakers at this conference include;

- Ross Barker (Behaviour Consultant) - Caring for children in the syndrome mix: ASD, Asperger's, ADHD, etc.
- Allison Schroeder and Justine Aldous - Relationships and Friendships: An interactive workshop.
- Matt Frost - A personal journey
- Clive Stuart - Hidden Disabilities: The Homeopathic Approach.
- Denise Gibbard - Making Visuals that work.
- Ross Barker – Managing Hyperarousal: How we can help.
- Matt Frost - The ASD Guidelines: Where are we at now?
- Shirley Wilson - Independence Games, Colleen Black - Special Olympics

To find out more information or to register contact Vickie Cooksley, Autism NZ Inc Bay Of Plenty Historic Village, 17th Avenue, Tauranga 3140, Phone (07) 571 0003, Fax (07) 5710013, Free Phone 0800 571 000

Tips for Autism Course In Bulls:

The Ministry of Education funds the Tips for autism course nationally. Tips for Autism is a 4 day course in which the team (parents, school staff and any others) attend as a team to learn and plan together for the child with whom they work. The course provides some release funding for teachers to attend.

This course will be run in Bulls in Term 3 this year. If you are interested in attending, please talk first to the other members of the team around the child (parents, teachers, other school staff, extended family and involved professionals) and look at tips for autism website <http://www.inclusive.org.nz/tips> a team is feeling that they are ready to attend, please contact Keryn Mells Keryn.Mells@minedu.govt.nz to register your interest.

Tony Attwood Seminar:

Tony Attwood is a clinical psychologist who has specialised in Autism Spectrum Disorders since he qualified as a clinical psychologist in England in 1975. He works in private practice in Brisbane and is also a professor at Griffith University in Queensland.

His seminar presentation topics will be;

Adolescent issues for teenagers on the Autism Spectrum, specifically covering the physical aspects of puberty, changes in friendship, the development of sexuality, the change in academic expectations and issues regarding self esteem.

And also **Transition to adulthood and issues associated with this**—what to expect and how. Specific topics will include transition from adolescence to adulthood, transitions to the workforce, identifying skills and abilities for potential employment, how to translate these abilities and skills into employment opportunities.

Autism NZ are organising this seminar and it will be held at Te Papa in Wellington from 9am-4pm on the 21st of September, 2009. The cost is \$140 for professionals and \$120 for families.

For more information email Michelle de Boer at the Autism NZ National Office

Michelle@autismnz.org.nz,

Or Phone: 0800 autism (288 476)



Information, Contacts, Links and Resources

SibSupportN.Z:

Parent to Parent New Zealand delivers a programme, which supports the specific needs of siblings who have brothers and sisters with special needs. The aim of Parent to Parent's SibSupportN.Z. programme is to provide children with an experience that will assist them to cope with the challenges and stresses of living with a brother or sister who has a disability. Siblings develop their own support network, through sharing and making friends with others who understand. 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.

Weekend SibCamp Programme:

It begins with theatre sports, drama games or other trust activities, continuing onto SibShops and recreational activities. Siblings are divided, according to age, into groups for formal SibShop sessions. SibShop facilitators are siblings themselves and are able to offer empathy, individual support and an emotionally safe environment for

the young people. A variety of recreational activities are also part of the weekend. The recreational experience is fun and rewarding and promotes informal sharing, with friendships continuing long after the weekend camp.

Sibling Day:

This is a busy interactive day 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. SibSupportN.Z. programmes are provided throughout New Zealand by Parent to Parent National Office. For further details or to register your interest contact National Office on 0508 236 236



UCOL Nanny Service:

UCOL are advertising for parents of pre-school children with a disability to host a nanny student for two weeks in July or August. These are live in positions (weekdays only). Students are expected to provide quality childcare and perform normal daily child related housekeeping duties including some meal preparation during their placement. Students are fully supported by UCOL lecturers throughout their placement.

Families are not required to remunerate students, but they are required to provide meals for the students within their working day.

If you are interested, please contact Donna Richards at UCOL on Ph 06 9527001 extn 70647

Video Conferencing at Parent to Parent :

Parent to Parent's Video Conferencing for free offer is up and running and bookings have already been received from:

A family member looking to catch up with relatives to see the new addition rather than just hear them

An organisation for a multi site meeting (saving them a small fortune in air fares)

Professionals holding site to site meetings (helping get the message across loud and clear).

If you are interested in using this service contact Roni at Parent to parent on 0508 236236 (option 2 for National Office).



ISADD - Intervention Services for Autism & Developmental Delay:

ISADD are a private option providing contemporary applied behaviour analysis for children with autism and also offer assistance to those with Aspergers. They have been in Palmerston North for over nine years now providing early intervention. They come to the Childs home and help train the parents to engage with their children or can provide therapist to help engage with their children on a daily bases.

They cover such things as communication, play, language, cognition ability and also look at what the Childs behavior is trying to tell us. They have parents happy to talk to any other parents interested.

Please contact Fiona ph 353-2946 or Look at their WEBSITE www.isadd.org



Spectronics:

Spectronics produce a range of technologies to support people with disabilities. To see some of their products and courses visit their website <http://www.spectronics.co.nz>