



# Autism New Zealand Inc.

Including Asperger Syndrome and Related Disorders

## Mind Matters

Nelson  
Marlborough  
Branch  
Newsletter

### From the Chairperson.....

W elcome to all our new families and new members.

It was great to see so many parents at the recent Workshop Understanding ASD: 'Implications for Learning' presented by Celeste Littek, which was attended by a record 91 participants. Our thanks to The Lion Foundation for supporting this event.

The "help" programme is in Nelson on Saturday 7, 14 & 21 May and we hope that it will also be run in Blenheim in the future. See later in the Newsletter for details.

The Teenage/Young Adult group are meeting regularly on Monday afternoons from 2.30 pm to 4.30 pm at Café De Ville in New Street, Nelson. Those who are at college, come along a little later after college (see ad for details). This group is for ASD teenagers, who have Aspergers/High Functioning Autism over 15 years of age. If you would like to know more please contact Viv Nelson our Field Officer.

We hope the kids enjoyed our first activity with Riding for the Disabled and we have the next activity of Ten Pin Bowling available to our kids with ASD over age of 9, on Saturday 7 May followed by Indoor Rock Climbing in July. Thanks to Nelson City Council for making this possible.

Viv Nelson, our Field Officer, has been very busy as we have a number of new families joined in recent months. We hope that you can appreciate that Viv is funded to work for a few hours a week, which does not include the school holidays, so sometimes she may not contact you immediately.

If you would like to talk to Viv please contact the Branch and leave a message. Viv will contact you as soon as she can. It is a great help if you can leave days/times when you are available to talk.

Lastly, we need **your help** for the Autism NZ Annual Appeal collection to be held on Saturday 4 June. Many people don't realize that we are a voluntary organisation and are reliant on donations to continue to support our families.

Cheers, Jill Hounsell, Chairperson

May

2011



Annual Appeal 4 June

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### WE NEED YOU!



#### Annual Appeal Collection Day is Saturday 4 June 2011

We need your help to collect money on Saturday 4th June 2011 in Richmond, Stoke and Nelson.

We are collecting in:

**Richmond:** At T&T Clothing, Richmond Mall between 10.00 am—2.00 pm

**Stoke:** At New World, Stoke between 10.00 am—4.00 pm

**Nelson:** At New World Supermarket between 10.00 am—4.00pm

If you can spare an hour or two to help with the collection, please call Jill on 543 2465 or e-mail the Branch. Thanks.

**Autism NZ is a charitable organisation which relies on donations. Remember we are all volunteers here and without funds we can't support our families!**

## Moving is Fun



A gymnastic based movement class for children for with physical activity limitations.

When: Thursday 11.30 – 12.15

Where: Richmond Town Hall (Tasman Recreational Resource Centre)

Just Gymnastics has identified a movement need for primary aged children with physical special needs and has developed a specialised class to help with the child's development, confidence, participation and enjoyment in physical activity.

Enrolment is essential and funding may be available to assist with attendance costs.

To discuss your child's needs, please call Linda on 03 546 6013.

**Contact :** Linda & Steve Mace: Tel 03 546 6013 ; [just.gym@xtra.co.nz](mailto:just.gym@xtra.co.nz) Supported by:  Tasman Recreational Resource Centre

## "Little Stars" Early Intervention Playgroup



When: Every Wednesday morning during term time.

Time: 9.30 am to 12.00 noon

Where: St Barnabus Church, Main Rd, Stoke.

Come along and enjoy a coffee and chat with other families who have a child/children with a disability and/or special needs. Toys, activities, singing and outdoor area (enclosed & safe) This is a very friendly and welcoming group which also has input from Speech & Language therapists, Physiotherapists & Occupational therapist's

**For further information contact: CCS Nelson Tel 03 548 4479**

## Support Autism NZ Nelson/Marlborough



Buy one of these cool lapel pins especially designed for Autism NZ & show your support.

The pins are 32mm in size and are made of enamel/nickel plate with a design made up of small puzzle pieces in blue, yellow and red colours. They cost only \$5; all proceeds to the Branch.

To buy, please contact the Branch:

Tel: 03 539 0285 or e-mail [Nelson-Marlborough@autismnz.org.nz](mailto:Nelson-Marlborough@autismnz.org.nz).

Also available at Support Group meetings

## Tasman Homeopathy

Homeopathy can help reduce anxiety, chronic ear infections, sleep problems, stress and children's behavioural issues.

Contact Linda Peat (Homeopath (NZCH) & mother of child with ASD.

Tel 03 526 6229 Mobile 027 451 0178

**The Autism NZ Inc (Nelson/Marlborough Branch) does not necessarily support, endorse or recommend any method, treatment, product, programme, or therapist for those with Autistic Spectrum Disorder. We do, however, seek to inform, in the belief that you have the right to know, so that you may make informed choices.**

## "Help!" Programme Nelson 2011 – Starts in May

It's great to have the "help" Programme in Nelson again on Saturday 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup> May 2011.

We have been advised that it can also come to Blenheim, if we can get enough families to participate.

It is a great opportunity and usually runs over 3 Saturdays.

## "Help!" Programme Marlborough 2011 – Parents Wanted!

The NAS "Help" programme is for parents and carers of school age children, young people and adults who have received a diagnosis of an Autism Spectrum Disorder. The programme consists of 6 seminars, 3 + hours each covering a range of topics that will help you to understand your child and apply practical strategies to manage you child's behaviour.

This programme is **Free**. In order to bring this programme to the Marlborough region, we need to have a minimum of number of families to register.

**For further information and an Expression of Interest Form, Please contact either:**

**the Branch:** Tel: **03 539 0285**, Email: [Nelson-Marlborough@autismnz.org.nz](mailto:Nelson-Marlborough@autismnz.org.nz)

**Pat Gluck**, National Programme Manager, Autism NZ Inc: Tel 04 470 7616, Email: [Pat.Gluck@autismnz.org.nz](mailto:Pat.Gluck@autismnz.org.nz)

*Parent To Parent Nelson is offering the following courses:*

**Note: These dates are subject to change**

### Support Parent Training – Communication Course

Develop your communication skills to help you in your own life. Enhance your listening skills so you can provide support to others. Learn about paraphrasing, minimal encouragers, reflecting feelings and heaps more

When: Saturday 14 May 9am – 5 pm and Sunday 15 May 9am – 2 pm

Where: Victory Community Centre, **Nelson**

### Advocacy Training

Identify the different types and level of advocacy. Be able to advocate for others in range of differing situations, depending on own experience. Be able to produce an advocacy plan

When: 25 & 26 June 2011

Where: **Nelson/Blenheim**

### Dr Wendy Lawson Seminars

Wendy Lawson is an adult with autism. She is a fantastic speaker and provides amazing insights into the world of a person with autism. We have just completed a series of seminars throughout NZ and the response was so great that we're bringing her back. Please book early as we expect them to sell out after this year's feedback!

Monday 30 May 2011 in **Wellington**

Tuesday 31 May 2011 in **Wanganui**

Thursday 2 June 2011 in **Hamilton**

Friday 3 June 2011 in **Auckland (Airport)**

For more information please contact Jo at the following:

Email [jo@creatingsuccess.co.nz](mailto:jo@creatingsuccess.co.nz) for registration forms; register online at [www.creatingsuccess.co.nz](http://www.creatingsuccess.co.nz)

### Prof Rita Jordan "Autism and Challenging Behaviour"

Understanding, Preventing and Managing Challenging Behaviour within the Autism Spectrum.

Monday 23 May 2011 in **Christchurch**

Thursday 26 May 2011 in **Auckland**

Wednesday 1 June 2011 in **Wellington**

For more information and registration contact Compass Seminars: **06 759 1647**; see [www.compass.ac.nz](http://www.compass.ac.nz)

**Autism NZ Members can get a special price of \$189, non members cost is \$210**

## Develop Social Skills

Develop social skills, friendship skills, life skills, organisational skills, effective communication skills as well as build confidence, resilience and empathy through fun music and drama activities. Activities are focused on the needs of the participants in small groups.

**Who:** For primary and intermediate age children (including home schooled children) with special needs.

**Where:** Richmond, Hope and Nelson

**When:** Mondays (term time) after school  
Other sessions may be arranged during the day in Nelson.

**Cost:** \$150 per 10 week term (\$15 per session per student)

The programme tutors, Maria Reid, Latasha Sutton and their team come from an educational background and are all passionate about enhancing positive, effective communication. They have been involved with students with special needs, helping to develop social and communication skills using arts based programmes. See [www.mleducational.com](http://www.mleducational.com).

**For enquiries and bookings please contact Maria:**

Tel: 03 - 544 7102 e-mail: [mariareid1@xtra.co.nz](mailto:mariareid1@xtra.co.nz)

or **contact Rachel Rimmer:** Tel: 03 - 540 3984; Mobile: 021 908 664



*Note from Jill: "There have been a few of us Mum's who have joined this Social Skills Programme with our kids. Over the last few weeks we have seen our kids challenged, and undertake new thinking skills, which I did not expect to see. The use of music and drama makes this type of learning fun. Just speaking as a Mum, I found this group very rewarding and a positive step."*



## Teenage/ Young Adult Group

***This Group is for young people with Asperger/High Functioning ASD only***

*We hope to set up a similar group in the near future, for those young people with ASD who have greater needs or may require additional support*

If you are a person between 15 years & 25 years who have Asperger Syndrome or High Functioning Autism and would like to meet and talk with other young people with ASD, come and join us for an afternoon.

**When:** Every Monday from 2.30pm to 4.30 pm (but check school holidays)

**Where:** Café "De Ville", New Street, Nelson

*Things you need to know:*

- Person with ASD must be fairly independent and able to be left at a table on their own
- A parent or caregiver **MUST** need to attend initially. (They will sit at a different table to you)
- Food & Drink at your own cost.



For more information contact our Field officer Viv Nelson.

E-mail: [viv.nelson@autismnz.org.nz](mailto:viv.nelson@autismnz.org.nz) or Tel: 03 - 539 0285 and leave a message

## Enjoy Great Local Wine and Help Autism New Zealand

Autism New Zealand have joined with three other charities and our local *Spencer Hill Estate Winery* to launch the "**Compassion**" wine label. In what we believe is a New Zealand first, 100% of the profits from the sales of these wines will go to charity and you can choose how you would like this split (you might like to give 100% to Autism NZ!).

You can **order the wines** online from <http://www.compassionwine.com>

or fill in an order form. For an order form please contact: Jon Boyer,

PO Box 12599 Thorndon, Wellington 6144. Tel: 04-470 7616 Ext 802 or e-mail [jon.boyer@autismnz.org.nz](mailto:jon.boyer@autismnz.org.nz)

This is a wonderful act of generosity and community spirit on the part of the owners of Spencer Hill Winery (who also make Tasman Bay and Latitude 41 wines) and we hope that you will support it by ordering and enjoying some great **Compassion** wine. Let your friends, family and colleagues know about it too!

## Fun Activities for our ASD Kids

We would like to offer our ASD kids the opportunity to meet each other and do some "fun" stuff. Our goal is to encourage our young people to exercise, have fun and feel great about themselves.

We have successfully held the first activity- an opportunity to go horse riding at Riding for the Disabled, Whakatu, which went really well. The next activity is **Ten Pin Bowling** at Action Sports Centre, Richmond in May, followed by **Indoor Rock Climbing** at Vertical Heights in Nelson in July. We also plan to offer mini golf later in the year. Important Note - a caregiver/parent must be with each young person.

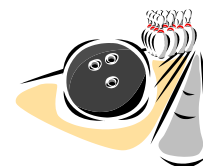
### Background to this project

Thanks to The Physical Recreation Fund of the Nelson City Council, we have been granted some money from the council. We have set up some activities for our Youth Group for ages 9 -14 years old and those 15 years and over.

The focus is to provide opportunities for our kids to get active at a reasonable price and with support of each other and the expertise of the activities coaches we go and visit.

## Ten Pin Bowling at Action Sports Centre Richmond.

- Who:** For our kids and young people with ASD **age 9 years and older**
- When:** Saturday 7 May 2011, 9.45am until 11am.
- Where:** Ten Pin Bowling, Action Indoor Sports Centre, 30 McPherson Street, Richmond
- Cost:** \$1.00 per young person (rest is subsidized)
- What to Bring:** A snack and a drink (Café is available on site)  
Socks, Cotton wool / Ear protectors if a bit noisy
- Important Notes:** A caregiver/parent must be with each young person.



## Indoor Rock Climbing At Vertical Limits, Nelson

- Who:** For our kids and young people with ASD **age 9 years and older**
- When:** Saturday 9 July 2011, 1 pm session is for age **9 - 15 years**  
4 pm session is for age **15 years and older**
- Where:** Vertical Limits Indoor Climbing Centre, 34 Vanguard Street, Nelson
- Cost:** \$1.00 per young person (rest is subsidized)
- What to Bring:** A snack and a drink  
Socks and closed in shoes.  
Cotton wool / Ear protectors if a bit noisy
- Important Notes:** A caregiver/parent must be with each young person.



**The Parent/Caregiver will have to support the young person on the rope. Training is given by professionals.**

### How to prepare:

Social Story on Ten Pin Bowling/Indoor Rock Climbing. Go and visit beforehand, you can then watch what is happening. You can also take photos if needed.

### Things that could be difficult:

Noise (for bowling we have booked 5 lanes to use, so it should not be too busy at that time)

*We are very relaxed and even if you come and your Young person doesn't want to play/. climb, that is fine. We want a positive experience for all.*

### **How to Register for these activities:**

Places are limited so it is on a first come, first served basis.

If you are interested please contact the Branch on e mail [Nelson-Marlborough@autismnz.org.nz](mailto:Nelson-Marlborough@autismnz.org.nz) with your Name, contact details & e mail address – name of student and age.

## Sue Larkey Sleep Tips

One of the biggest challenges for parents of children with Autism Spectrum Disorder is getting them to sleep.

Research has found that two thirds of children with an ASD have sleep problems, fragmented sleep and early awakenings. So be aware that many of our students can fatigue by early afternoon and may benefit from some easier, more repetitive learning tasks in the afternoon.

I used the power for Facebook to ask my over 2000 friends in the Autism community what worked for them to get their child to sleep.

The stories, conversation, support, and were amazing. Here are their Top Ten Tips for Sleep.

\*\*\*\* TOP 10 TIPS TO HELP WITH SLEEP \*\*\*\*  
From Sue Larkey's Facebook Friends

1. Melatonin
2. Teach to stay in bed even if not sleeping
3. Epsom Salts Bath
4. Be flexible
5. Keep bedroom door open
6. Accept lack of sleep can be related to anxiety levels so they may need time to pace etc
7. Check for food allergies particularly gluten intolerance
8. TV in room with a timer on it so it turns off
9. Sleep on floor next to their bed (rather than them coming into your bed)
10. Exercise like maniacs. Wind them down early. No videos before bed. Bath with lavender. Stories in softly lit room and cuddling

Remember different strategies work for different kids and if one strategy doesn't work try another.

***Our thanks to Sue Larkey - see [www.suelarkey.co.nz](http://www.suelarkey.co.nz) for more tips and great ideas. She also has a number of excellent books, equipment and DVDs for sale***

## New Books in the Library

The following books have been bought for use in the Branch library. These books have lots of useful information for home and school.

**Teacher Assistants Big Blue Book of Ideas** - by Sue Larkey and Anna Tullemans.

Companion to the Teacher Assistants Big Red Book of Ideas. Hundreds of NEW strategies to try. Social skills: playgrounds, friendships, building self esteem, bullying. In the classroom: getting on task, adapting tasks and exams, building independence. Managing anxiety and behaviour.

**Behaviour Solutions for the Inclusive Classroom:** See a Behavior. Look it Up! by Beth Aune, Beth Burt and Peter Gennaro.

This book is a must-have for every special needs and inclusive classroom. The easy to use format allows teachers to quickly look up an in-the-moment solution and learn about what the child is communicating, and why. This book illuminates possible causes of those mysterious behaviours, and more importantly, provides solutions! Teachers can quickly look up an in-the-moment solution and learn about what the child is communicating, and why.

### Special Girls Business

This book has been written for girls with special needs including intellectual disability, physical disability, communication disorder, autism. 'Special Girls' Business' takes a girl and her carer step by step through the process of managing periods. Information is presented simply, with clear pictures and limited text.

### Special Boys Business

This book has been written for boys with special needs including intellectual disability, physical disability, communication disorder, autism. 'Special Boys' Business' takes a boy and his carer step by step through the process of change. Information is presented simply, with clear pictures and limited text.

**Please return our books to the Branch Library !  
We all want to use them and they have cost us a lot of money!"**

## Books Available To Borrow

**We are currently building a library of resource books which are available to borrow free of charge.**

1. Thinking in Pictures by Temple Grandin (My Life with Autism)
2. Asperger Syndrome by Tony Attwood (A guide for parents and professionals)
3. The New Social Story Book by Carol Gray
4. Visual Strategies for Improving Communication by Linda Hodgdon (Practical supports for Home and School)
5. Solving Behaviour Problems in Autism by Linda Hodgdon (Improving Communication with Strategies)
6. Asperger's Syndrome by Winter (What Teachers Need to Know)
7. Various Autism Spectrum Quarterly Magazines
8. Asperger's... What does it mean to me ? by C Faherty.
9. Congratulations! It's Asperger Syndrome by Jen Birch
10. Taking Care of Myself by Mary Wrobel
11. Toilet Training For Individuals With Autism by Maria Wheeler
12. Exposure Anxiety - The Invisible Cage by Donna Williams
13. "The curious incident of the dog in the night time" by Mark Haddon
14. Kiwi Social Skill 1 by Tautoko Services.
15. Kiwi Social Skill 2 by Tautoko Services
16. Jenison Journal - Gray's Guide to Bullying
17. Relationship Development Intervention with Children, Adolescents and Adults by Steven Gutstein & Rachelle Sheely
18. Conference Notes Rotorua 2005 Unwrapping the Gift - Focus on Ability
19. What is Asperger syndrome, and how does it affect me? - A guide for young people.
20. I have Autism ... What's that? by K Doherty & Ors.
21. Making it a Success by Sue Larkey.
22. The Essential Guide To Secondary School by Sue Larkey & Anna Tullemans.
23. How To Stop Your Words Bumping Into Someone Else's by Anna Tullemans & Rhonda Dixon.
24. Practical Sensory Programmes for Students with ASD by Sue Larkey.
25. Socially Speaking by Alison Schoeder
26. Surviving Social Situations in NZ by Tautoko Services.
27. All Cats Have Asperger Syndrome by Kathy Hoopman
28. Exploring Feelings—Cognitive Behaviour Therapy to Manage ANXIETY by Dr Tony Attwood
29. Exploring Feelings—Cognitive Behaviour Therapy to Manage ANGER by Dr Tony Attwood
30. Putting the Pieces Together; Helping young children understand ASD by Sue Larkey & Gay Von Ess
31. Aspergers and Girls by Tony Atwood, Temple Grandin e.a.
32. No More Meltdowns by Dr Jed Baker
33. Thriving in Adulthood with Asperger's Syndrome by Craig Kendall
34. Behaviour Solutions for the Inclusive Classroom by Beth Aune, Beth Burt & Peter Gennaro
35. Teacer Assisstants Big Blue Book of ideas by Sue Larkey & Anna Tullemans
36. Special Girls Business
37. Special Boys Business

These books are available by post or collect from :  
Yvon Smit's shop

Jewel beetle, Upstairs above Whitcoulls,  
240 Trafalgar Street, Nelson.  
Phone 03 5480487  
E mail yvon@jewelbeetle.co.nz



**Thanks**

**fresh choice**

Thank you  
to Fresh  
Choice  
Richmond  
for  
donating  
\$200 for  
new books  
for our  
library.

**Please return our books to the Branch Library ! We all want to use them and they have cost us a lot of money! For books which are not returned an invoice for the full cost of the book, will be sent to the person who borrowed it."**

**Thanks**

## Nelson Marlborough Branch

Coordinator: Robyn Young  
Field Officer: Viv Nelson  
P O Box 18, Upper Moutere  
Nelson.

Phone 03 539 0285

Email

Nelson-Marlborough@autismnz.org.nz

### About Us

We are a group of parents, who work on a voluntary basis, offering support and information to other families who have someone with an Autism Spectrum Disorder in the Nelson & Marlborough region.

### Key Activities

- Provide parents and carers with support,
- Information & advice
- Field Officer Support
- Provide information to professionals and liaise with other agencies
- Provide workshops
- Raise awareness of ASD
- Provide a Newsletter with information, and what is happening locally
- Books available from our Branch Library
- Support Groups

### National Office

P O Box 12599  
Thordon, Wellington 6144  
Phone 0800 autism  
(0800 288 476)  
(04 470 7616)

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



## Come & Join Us

Meet other parents who understand, exchange ideas/information, & have a laugh!

### Support Group Nelson

**Morning** When: 10.30 am Thursday 12 May 2011  
10.30 am Thursday 23 June 2011  
10.30 am Thursday 11 August 2011

Where: De Ville Café  
New Street, Nelson

Note: Venue is child friendly with gate at the entrance.



**Evening** When: 7.30 pm Thursday 26 May 2011  
Where The Stables Tavern (upstairs room)  
McGlashen Avenue, Richmond



### Support Group Marlborough

Thanks to Lyn Caughey of SF Marlborough (Supporting Families in Wellbeing) for hosting this on our behalf

When: 10.30 am First Tuesday of Every Month

Where: Family Room at the office of SF Marlborough  
4 Scott Street, Blenheim

Note: Everyone is welcome including children.



### Our thanks to :

- **Lioness Club of Nelson**
- **The Canterbury Community Trust**
- **New Zealand Community Post**
- **Fresh Choice Supermarket, Richmond**
- **Community Organisation Grants Scheme**
- **The Lotteries Commission**
- **The Lion Foundation**
- **Pub Charity**

### *The Autism NZ Inc (Nelson/Marlborough Branch)*

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