

News...

Spring/Summer 2009

Well here we are, our very first newsletter!!

As you can imagine for a newly formed charity the pages of our newsletter may be a little thin but we felt it was still very important to let you know what progress is being made, albeit slowly. Rome was not built in a day and nor will be Aspergers 4 Herts, however, there is a lot going on behind the scenes and over time we will grow into an organisation that will hopefully be of help to you!

Fundraising

Ten fully bearded Father Christmas's ran 5k (a very hard run for some of us) in beautiful Greenwich Park in December, which turned out to be a really fun day out. The day started very early and most of us sat on the tube heading into the depths of London feeling very tired and cold, thinking we must be truly mad. The mood very quickly changed once we reached Greenwich Park - the sight of some 2000 Santa's in such lovely surroundings filled us with a sense of fun and frivolity. Once the gentle warm up exercises began, to sounds of past Christmas hits, we were ready for the mission ahead. The more competitive amongst us were around the course in record time whilst others, including one 74 year old, leisurely walked the scenic route. A fantastic total of almost £1000 was raised in aid of Aspergers 4 Herts. Spirits were really high on the boat journey home along the Thames!! We are hoping to repeat the Santa Run in December 2009, keep your eyes peeled do try and join us, you'd be really welcome!

We are also hoping to obtain places to the British 10k run in summer 2010. We know that it's a long way off but that gives those of you who have always fancied doing a run plenty of time to train!!

Absolutely nothing can be achieved without funding, so if you are interested in fund raising for Asperger Syndrome please drop us an email to let us know; we really would love you to run, skip, skydive or whatever you like to raise money. We will help you in any way we can!



Teen Group

Arrangements are currently under way for a teenage social group. We will be starting with three taster sessions which should help us to see what works and what we could do differently. We would like the teen group to be a regular event and are currently applying for funding from various sources to keep the sessions going in the future. Please make sure you are on our Members Database and have notified us of your name and address and child's age, so we can let you know the details of these groups and any other updates that are relevant to you.

Life Project

We are currently in discussion with Herts Fire Service (subject to them receiving their 2009/10 funding) with regards to our teen members attending the Life Project. The Life Project is a fantastic scheme run voluntarily by trainers from the fire service at various stations throughout Hertfordshire. The aim of the project is primarily to help teenagers think about the attitude and behavior of young people by making them work to a set of values while addressing the consequences of antisocial behaviour. On their 'watch' young people aged >>



>> between 13 and 19 are trained to become a team and learn the ropes that a fully trained fire crew would carry out on a daily basis (albeit within the safety of the fire station grounds). It is particularly good for young people with Asperger Syndrome, as it is quite structured but also involves social interaction without it being too obvious. Although the week is not easy, participants are constantly assessed, helped and supported to learn to achieve on their own. At the end of the week they will no doubt be very proud to take part in a passing-out parade, which can be viewed by parents. Places would be by referral, so if you think your son or daughter may be interested in a place on the Life Project, please contact us at info@aspergers4herts.org

Tony Attwood conference

Aspergers East Anglia has the pleasure of hosting a conference given by renowned Clinical Psychologist Tony Attwood. For the past twenty-five years Tony has met and worked with hundreds of individuals with AS, and he has also written several publications on Aspergers Syndrome.

The conference will be on Managing feelings, Cognitive Behaviour Therapy and Cognitive Abilities: A different way of thinking & learning profile.

The conference will take place at the Holiday Inn, Norwich Airport on 12th May 2009

Proceeds from the conference will go to Aspergers East Anglia. For more information please email conference@asperger.org.uk or telephone for a booking form on 01603 620500.

Parents support Group

We would like to thank Leise Cooper and Jane Wareing at Angels support group for their time, when we visited Angels at their Hitchin head quarters in January 2009. They are a parent led voluntary organisation set up in North Hertfordshire to support parents and carers of children with Attention Deficit Hyperactivity Disorder (ADHD) and/or Autistic Spectrum Disorders (ASD). Their aims are to help to empower parents and carers and encourage them to feel confident in supporting their child, both in the home environment and educationally.

The groups currently meet in Hitchin, Letchworth, Royston and Stevenage. They work really well and we have had some positive feedback from parents that attend these groups already.

To find out more about Angles Support Group, how to become a member and how you can attend their sessions visit www.angelssupportgroup.org.uk

Please help us to help you

Please let us have your details so we can send you our news. A data form is currently on our web page under 'contact us'. If you have moved or have not already notified us of your address details, please could you complete this form and email it back to us at info@aspergers4herts.org None of your data will be passed on to any third party, it is strictly for the use of Aspergers 4 Herts.

Seminar timetable for 2009

Please see attached separate sheet for details of parent support seminars. These seminars, organised by the National Autistic Society and various other Autistic organisations are very helpful and supportive. Please contact the relevant organiser as soon as possible for more details of each seminar and to secure a place.

www.aspergers4herts.org

Web site

Our Website is currently just a holding page and does not have a great deal of information at present, but we are hoping to make this more interactive by June 2009. Both the design and the installation are being executed by professionals that have given their time to Aspergers 4 Herts for free. We, the trustees, are truly grateful to them as without their efforts it would have been a great deal of time before this especially needed organisation got off the ground.

Aspergers[™]
4 Herts