

# 2013 Summer Newsletter



## Grovelands Park Centenary Celebrations

On 18/19 May ENAS took part in an Edwardian themed festival at Grovelands Park to mark the 100th anniversary of its opening. This weekend was the realisation of a dream by a small group of volunteers, including our own Anna Leech, who put together a great programme including rowing boats



*Some of the ENAS committee (and families) who worked on the stall*

*Below: Our stall was busy throughout the weekend*



on the lake (for the first time in 40 years), a dog show, a historical pageant, music by local bands and choirs, exhibitions, games, crafts and food stalls.

The weather was fair, and thousands of local people turned up over the weekend to enjoy the fun. We had a great pitch for our stall, high on the hill, and we were incredibly busy, with lots of takers for our classic "Guess the Teddy's Birthday" and "Guess the Number of Sweets" games, and for Kathryn's beautiful handmade cards. We had a craft table so children could make personalised bookmarks. Parents, friends and professionals came over to say "hi". Anna was delighted with the response: "We couldn't have asked for a better weekend, or more support."

It was a great opportunity to raise awareness of autism, and make those personal connections that are so important to our branch. A number of people filled out new membership forms, and we hope to see you again soon.

More exclusive Grovelands news: funding for an outdoor gym has been approved, and should be fitted 'and later this year. Thanks to all ENAS committee, and kids, who assembled and staffed our stall over the weekend.

### Welcome to our summer newsletter

We hope you are all enjoying the warmer weather and lighter evenings. The long summer holidays can be challenging for children on the autistic spectrum so we have put together some top tips for the holidays and planned some additional activities for our young people over the break. Read on for more details. As the school year comes to an end, we are taking the opportunity to celebrate some of the highlights of our 2012/13 year and the achievements of our children.' Many thanks to all our supporters this year and we hope you all have a wonderful summer break.



*Anna and Freddie Leech won the prize for best Edwardian costume. Don't they look great?*



# ENAS Visit to Edmonton Fire Station

*by Geoff Kemball-Cook,  
father of Tom*

This was a highly enjoyable, informative and friendly visit, organised by Kathryn Kazmanli, whose husband Sam has a contact at Church Street Fire Station. My wife Emma and I took our 9-year-old son Tom along. This being an ENAS-only invitation, we were among friends and not fussed about the odd “quirky” bit of behaviour.

We were able to park in the station’s own car park off Church Street, which was ideal. From the start the guys (and gal) in the station were brilliant, engaging with children and grown-ups to show us some of the ins and outs of their essential job.

One thing that quickly became evident is that calling it “a fire station” underestimates hugely what their responsibilities to their community are. Of course they provide rapid and expert emergency aid in case of fire, but they have a full programme of going out into the community to educate us all how to be sensible in our homes and workplaces. If statistics show that incidence of fire is dropping, that is a testament



*Tom Kemball-Cook ready for service*

to their success in this vital area – not a signal that we can start chipping away at their funding.

Then of course there is also their rescue function – for example freeing people from vehicles after road accidents, or searching for people who might be trapped in a damaged building.

Highlights were (a) a tour round a fire appliance showing us all the important parts to do with both the fire and rescue aspects of their jobs – including giving the kids the chance to sit in the driver’s seat; (b) a demonstration of the hydraulic

cutters and openers which enable them to free people from vehicles in seconds (in our house we refer to these as “The Jaws of Life”, taken from Fireman Sam); (c) an opportunity to dress up in full firefighter rig (I couldn’t pass this one up! but boy it was heavy) (d) the chance to wield a full-size fire hose; (e) last, but definitely not least, a demonstration of the unique talents of Sam, the fire investigation dog.

What comes across so strongly is their huge pride in their responsibility to their community – and reminded me of the similarly



*Fireman Sam? Fireman Geoff and Fireman Tom, more like!*

huge trust that we put in this service. We must do what we can to support them!

A great visit – if you get the chance to sign up for this in the future, grab it.

Kathryn Kazmanali adds:

*“We received a lovely thank you letter after the fire station visit last November, from the grandparents of one child who attended with them. His self-esteem was low at the time: he thought he was and always will be rubbish. But during the event he started to think that maybe he could do a job like that. The letter said it gave him hope, something to aspire to. It was really touching, and made me feel proud, that something we organised had had a positive effect on this young boy.”*

*Sam the rescue dog and Taylan Kazmanali*



*A coffee morning gives us a chance to meet, and get to know, other parents of autistic children. It may be a little daunting coming along for the first time, but give it a try: it's a great way to make new friends. As Joyce says below, you are not alone. Here are some of the groups that are currently meeting.*

### **Coffee Morning held at Galliard School (Galliard Children's Centre)**

Galliard School and Children's Centre continue to run Autism Coffee Mornings from 9.00 – 11.00a.m. every Tuesday during term time. These coffee mornings are very important to the Mums (and sometimes Dads) that attend. It's a time to share our experiences, our battles and our joy at the progress our children make. Some days there will be a speaker on a particular subject e.g. Speech and Language Therapy, Police Safety or Dental Hygiene. We welcome any newcomers to join our very friendly and diverse group. There have been many times that someone has arrived for the first time to our coffee morning in tears because of their child's situation but all have left with a smile knowing they are not alone. Sian does a brilliant job running the group. For more information contact Sian Warner on: 020 8804 1818 or Joyce on 020 8443 0092. (Full details on our Calendar and website)

*Joyce Baker, Jessica's mum*

### **Coffee Morning held at La Rocca, Green Lanes, Winchmore Hill**

Sarah started a new coffee morning this year, running on the second Thursday of each month during term time, at La Rocca, Winchmore Hill from 9.30 to 11.00 a.m. Everyone is warmly welcome, including new members, and there is always plenty to talk about. For more information, contact Sarah on 020 8882 2807 (Full details on our Calendar, website and Facebook page). *Sarah Potter, Noah's mum*



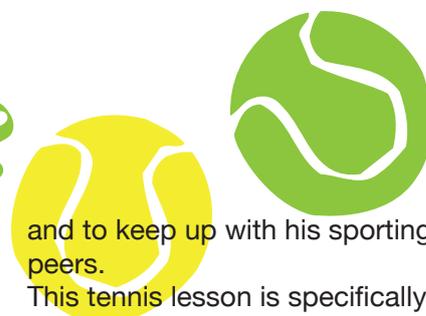
## **Getting together – night owls**

### **Evening Pub Meetings**

If you prefer to go out in the evening, there was another new opportunity to meet - our monthly get together in the Kings Head Pub on Winchmore Hill Green. The pub has a pleasant atmosphere, and we reserve a private area. It's an opportunity to relax and catch up with ENAS friends. Non-alcoholic drinks are also available. These will start up again in September. For more information, call Emma on 020 8363 3839



# Anyone for Tennis?



*We are always looking for opportunities to highlight local activities for our children to have fun and learn new skills. Here Anna Leech tells us about her son Freddie's great time learning tennis with Dazú at the Conway Tennis Club.*

My 11-year old son Freddie has attended Dazú tennis coaching classes since 2009 at Conway Tennis Club in Southgate. He loves sport but because he is on the autistic spectrum with moderate to severe learning difficulties, he has struggled to understand the rules

and to keep up with his sporting peers.

This tennis lesson is specifically geared to promote ball skills, agility, stamina and hand/eye coordination in young people who find it difficult to master these skills. All the children who attend are encouraged to reach their own individual potential in a friendly, supportive environment. Fred always looks forward to Saturday mornings and it is one of the few things he never complains about doing, whatever the weather! These small classes are fully inclusive and are for children aged 7 and over.

The lessons are taken by Manni Naumann, a professional tennis coach who works full-time at Conway Tennis Club and the children are always supported by an additional member of staff from Dazú. Freddie has seen many Dazú staff come and go over the 4 years but he regards them all as his 'friends' and continues to see many of them at the holiday play schemes Dazú run during the school holidays.

Recently, the fantastic work Manni has been doing with the group for so many years has been recognised. Staff at Dazú nominated him for a sports award and at a ceremony at Lea Valley High School on the 21 March 2013 he won the Enfield Celebrating Sport Award for 'Inclusive and Active Coach of the Year'. The plaque, certificate and a prize donated by Tottenham Hotspur Football Club was presented to him by the Mayor of Enfield.

If you think your child would enjoy these sessions and would like to find out more then please contact Dazú Tel. 020 8373 2718.

[www.dazu.co.uk](http://www.dazu.co.uk)



*Anyone for tennis?  
Enjoying sport with  
Dazú at Conway  
Tennis Club*





## Push for Action

**The NAS have launched a new national campaign called 'Push for Action'.**

This is a crucial campaign, because this year the Government is reviewing the effectiveness of the Adult Autism Strategy that resulted from the Autism Act 2009. Far too many adults with autism and their families still struggle to get the support they need. The aim of this campaign is to get local authorities like Enfield to fully implement the Autism Act and strategy. Adults (in their 20s, and older) and their families have told us that they do not have the work and recreation opportunities and support they need to live a good life.

As an NAS branch we at ENAS are always keen to support the national NAS campaigns. These campaigns provide us with awareness and profile that helps us as we work for better services here in Enfield. We have already been working hard in the Adult Autism Steering Group which has just published a provisional report for comment. More about this later.

To support this campaign we are asking you to sign up online at <http://www.autism.org.uk/push>

When you sign up you will find information about how Enfield is performing, as well as how many others have joined the campaign in your area. You will get regular updates about the different things you can do to support the campaign. Once you've signed up please circulate the sign-up page to your friends, family, colleagues and get as many people as you can to join the campaign in your area and across England. Please get behind this campaign now, to ensure a better future for our families.

### **Autism Conference: Supporting Enfield's Parents and Carers**

On 3 June Enfield's 3rd Annual Parents Conference was held at the Angel Community Centre in Edmonton. ENAS had a stall throughout the event. We watched the film "Living with Autism: Through the Eyes of our Enfield Children and their Families" which featured some of our members, and other families.



## Speech and Language Workshop Programme

This year we launched a new series of speech and language workshops aimed at helping parents through key transition points with their children. They were designed and delivered for us by autism-specialist speech and language therapist Helen Blatchford, who recently joined the Enfield SLT team. She is an experienced therapist and inspirational speaker with a passion for her work. Each workshop was tailored to the specific needs of the parents coming along and provided lots of practical tools and strategies and time for discussion with Helen. It was also opportunity to hear from other parents about their experiences. "None of us can do it alone, and the key to success lies in working together" says Helen. The workshop programme will start up again after the summer break and we will be adding to topics covered. For more information call Sophie on 07903 420016.





# Summer Holidays

## Going away on holiday

Deciding where to go on holiday, you might like to look at the NAS information sheets *Holidays: preparation and practicalities* and *Holidays: Autism friendly venues*. (Go to the NAS website [www.autism.org.uk](http://www.autism.org.uk) and search holidays and days out)

Whatever the weather does, we know that the long summer break from school is just round the corner. This can be a challenge. Our children and young people may not respond well to changes in routine. We may wonder whether it is practical to think about going away on holiday. If we do decide to travel, where can we go? How do we find holiday club provision locally so that our child has something to do during the long summer days? Even issues like applying sun cream, or a fear of bees and wasps, can be tricky to manage!

The NAS has built up a range of helpful resources [www.autism.org.uk](http://www.autism.org.uk). Check our ENAS website [www.enfieldnas.org.uk](http://www.enfieldnas.org.uk) and Facebook page (Enfield Branch of the National Autistic Society) for news on what's happening locally.

Whatever your situation, some advance planning may help to make summer fun, so that we can enjoy some recreation, rather than singing the summertime blues!

- Wherever you decide to go, whether it is a hotel, a campsite or self-catering accommodation, phone in advance and explain the situation, and any special requirements your child/young person may have. Booking a quieter room or pitch may help a great deal.
- When you've booked, tell your child about your plans calmly, and in advance. You might prepare a holiday booklet, including a picture of something they will really enjoy (a steam train, a swimming pool?). Explain the journey, how you are travelling, how long it will take.
- Bring some familiar foods, small squishy toys, and relaxing CDs for the journey. Plan toilet stops: pack wet wipes and a potty if needed.
- Prepare a bag of familiar toys and games as well as a few novelties (books, small toys, DVDs) as holiday treats. If your child has a special or restricted diet, bring some food supplies with you.
- Prepare a simple timetable for each day on holiday, so that although the place is different, there is still a predictable structure for your child..
- Travelling by plane: if it is the first time your child has travelled by plane, Manchester Airport provide a fantastic booklet. NAS also produce *Guidelines for Airline Staff*. When booking, you can book special assistance through the airport. It's not only for people in wheelchairs! Prepare a brief, clear statement of what assistance you will require, to help airport staff.
- On any transport, it is a good idea to speak to staff when you board, so that they are aware of your situation and also you can ask them for help if you need it.
- NAS Autism Alert cards are also useful on holiday. They contain the person's name and emergency contact details and are available in English, Welsh, Urdu, Bengali, Chinese, Somali, Spanish, Portuguese, German, Greek, Turkish, Italian, Russian, Polish and French. Look up some useful phrases, in advance, such as "My child is autistic".
- If your child has a particular issue, such as difficulty in queuing, have a strategy and brief explanation ready so that you can explain the situation to staff and other people. Some will be understanding and supportive!



## Holidays at home

- Check out the local council website and publications for details of local holiday clubs or events that may be accessible to your child.
- Day trips – there are attractions in London and surrounding area that are making the effort to be autism friendly. Look at the NAS information sheet Holidays and Days Out ([www.autism.org.uk](http://www.autism.org.uk))
- We have tips on our ENAS website about trips that our members have taken, that worked for their families ([www.enfieldnas.org.uk](http://www.enfieldnas.org.uk)).
- A holiday calendar may be useful, so that there is still a sense of structure. Some children may enjoy keeping photos and putting them in a holiday diary. This can be handy for “show and tell” later, and they may enjoy looking back over what they have done.
- Look after yourself! Holidays can be tiring for mums (and dads) so try to build in something that you find relaxing, even if it is only sitting on your sun lounger for half an hour. Ask for help from friends, relatives or helpers so that you can have a little time to yourself. If you need more assistance, think about using an agency such as Crossroads Enfield 0208 373 6210 ([www.carersuk.org.uk](http://www.carersuk.org.uk)) to find someone who can help you. Contact Enfield Parents Centre, 311 Fore St London N9 0PZ, 020 8373 6209 or [www.enfieldparents.org.uk](http://www.enfieldparents.org.uk) for more information.

Good luck, and have a lovely summer!

*Miranda, Bonnie's mum and survivor of some very spectacular holiday meltdowns. Her book "How to Holiday Where There are No Other People" available soon!*

## Who we are and what we do

*The National Autistic Society is the UK's leading charity for people affected by autism. The Enfield Branch was set up by parents in 2005 to support and represent local people living with Autism and Asperger's, their families and carers. We remain a totally voluntary group of parents supporting each other as we bring up our children. Autism is a serious, lifelong and disabling condition that can be stressful and isolating. Our aim is to make sure that local families do not feel alone as they cope with the various challenges of living with autism. We offer a 'friendly ear', for parents and carers with advice on local services, meetings, coffee mornings and a regular newsletter. There is a regular programme of expert speakers, workshops and our library is open on Fridays during term time at St Michaels Heath Centre at Cedar House. We also provide autism-friendly activities for children and young people including our popular play sessions at the Florence Hayes adventure playground. In addition, we work with local education, health and social care professionals that support children and young people with autism to raise their knowledge about the condition. From that start we have also aimed to be a strong representative voice, raising awareness of autism locally, pressing policy and decision makers for change campaigning locally and nationally for better support for people on the autistic spectrum.*

*To join our mailing list, contact Sophie at [sophie@enfield.nas.org.uk](mailto:sophie@enfield.nas.org.uk) or 07903 420016 or Emma Kemball-Cook at [emma@enfieldnas.org.uk](mailto:emma@enfieldnas.org.uk) or on 020 8368 3839. Full details of events are given on our termly Calendar. To receive this, and regular updates, email Emma.*

*Check out our website at [www.enfieldnas.org.uk](http://www.enfieldnas.org.uk) ENAS members can also join our Facebook group Enfield Branch of the National Autistic Society. Message Anna Leech for details. Terms and conditions of use apply.*

*We are a local branch of the NAS and we encourage membership of the national organisation of NAS as this strengthens the NAS voice and provides income to the Branch. Members get the quarterly magazine - Communication - and a range of other benefits including: free subscription to Autism Update, a bi-monthly email bulletin of the latest articles and publications, discounted registration to Child Safe, 10% discount on all books in the NAS publications catalogue, 20% discount on NAS conferences and events, access to low cost personal liability insurance, discount to subscription to Autism Journal, a Parent Guide and Aspergers United – the only publication of its kind produced by and for adults with Aspergers syndrome. Find out more at the NAS Website: [www.nas.org.uk](http://www.nas.org.uk)*

# Summer Holiday

## Programme 2013

*This year we have a programme of activities for the summer break. We hope there is something for everyone, including cooking, riding and fire engines! Please note that some of these need advance booking. If you haven't been sent a booking then get in touch with the contact person running each event to get your form.*

**Sunday, 28th July:  
10.00am – 1.00pm**

**Enfield NAS @ Florence  
Hayes Adventure Playground**

Plus visiting fire engine!  
Our regular three hours of autism-friendly family fun continue over the summer and for this Sunday we will have a visiting fire engine! Children of all ages can come and play while parents/carers can relax and meet with other parents/carers. We will be there come rain or shine!

**There is no need to book – just come along. There is no entry fee, but we do suggest a donation of £2 per child attending to help cover some of our costs. Adult parent/carers attend free. For further information see separate flyer or call/ email Anna on: 020 8360 7384 [annaleech@blueyonder.co.uk](mailto:annaleech@blueyonder.co.uk)**

**Florence Hayes Adventure  
Playground  
34 Fore Street,  
Edmonton N18 2SS**

**Sunday, 4th August:  
4:15pm – 5.15pm**

**Riding taster session at  
Gillian's Riding School**

Riding is great way for children to build their confidence. Gillian's is a friendly and welcoming riding school with a variety of horses and ponies suitable for children with autism. We are offering a 45

minute taster session to give our children an opportunity to 'get up close', and have a try at riding and grooming.

**Advance booking required. Suggested donation of £5 per child. For a booking form or further information call/ text Angela on 07986 347521 or e-mail her on [Angelavmichael@btconnect.com](mailto:Angelavmichael@btconnect.com)**

**Gillian's Riding School,  
Brayside Farm, Beggars Hollow  
Clay Hill,  
Enfield, Middlesex, EN2 9JL**

**Sunday 18th August:  
10.00am – 1.00pm**

**Enfield NAS @ Florence  
Hayes Adventure Playground**

Plus Bouncy Castle!  
Another three hours of autism-friendly family fun plus added fun with a visiting bouncy castle.  
**There is no entry fee, but we do suggest a donation of £2 per child attending to help cover some of our costs. Adult parent/carers attend free. For further information see contact information above.**

**Florence Hayes Adventure  
Playground  
34 Fore Street,  
Edmonton N18 2SS**

**Wednesday, 28th  
August: 2:00pm – 4.00pm**

**Join us for a visit to the  
unique Kids' Cookery  
School.**

Every year Kids' Cookery School teaches around 2,500 children and young people how to cook in their purpose-built teaching kitchens in Acton, and they have plenty of experience working with children on the autistic spectrum. Lots of fun making tasty treats and enjoying wonderful sensory experiences.

**Advance booking required. Suggested donation of £10 per child. For a booking form or further information call Anna Leech on: 020 8360 7384 or e-mail her on [annaleech@blueyonder.co.uk](mailto:annaleech@blueyonder.co.uk)**

**The Kids' Cookery School,  
107 Gunnersbury Lane, Acton,  
London W3 8HQ**

**Sunday, 1st September:  
12.30pm – 2.00pm**

**Special Private Steaming at  
the Chingford and District  
Model Engineering Club**

Come and join us for a return visit to our friends at Chingford. You and your children can ride the real model steam and diesel as many times as you like during this time and it's fun for all ages! Bring a picnic and meet other ENAS families, chat and unwind on the last weekend of the summer holiday. We need to limit numbers to make it a quality experience for our members so please book in advance (maximum 6 people per party) by email or phone; book early to avoid disappointment.

**To book your place call/ text Emma on 07758 669194 or email her on [emma@enfieldnas.org.uk](mailto:emma@enfieldnas.org.uk) and pay on the day. Suggested donation of £2 per participant.**

**Chingford & District Model  
Engineering Club  
Ridgeway Park,  
Chingford, E4 6XU  
[www.chingford-model-engineering.com](http://www.chingford-model-engineering.com)**

