



Newsletter April 2016

Are you going **BLUE** for Autism

At work or at school you can hold a **BLUE** event dress in blue, eat blue for a gold coin donations, to increase awareness and acceptance all funds



Striving for Understanding,
Opportunities & Valuing
Differences

WE'RE ON THE WEB!

WWW.AUTISMNT.ORG.AU


Shop 19
159 Dick Ward Drive
Coconut Grove, NT
0810

PO Box 94
Nightcliff, NT 0814

Phone: (08) 8948 4424
E-mail:
autismnt@autismnt.org.au



Without our shop front at the Nightcliff Woolworths Shopping Centre we wouldn't be so accessible to our members and the community, to give support and build acceptance.

 **Find us
on Facebook!**

Thank you

Tony Milhinhos and family

Committee members

Cherie Vance
Deanna Francis
Debby Mauger
Jacqueline O'Reilly
Louise O'Shaughnessy
Rob Perry
Mark Owens
Melissa Heywood.

Other Autism Events

- 16th April—Walk for Autism
- 21st April—Who's in Charge?
- May 31st—Positive Partnerships parents day
- 9th June—Autism Training Sensory Detective with Nelle Francis

Contact the office 89484424



Top End Zumba Crew

@Snap Fitness



What an event at Snap Fitness with the Top End Zumba Crew! They managed to keep everyone going for over 90 minutes!

Over 40 people took part on the day, helping to raise awareness and funds.



Donations of raffle prizes from Top End Zumba Crew, Snap Fitness, Shae Bellinger Scentsy, Picture this Twice, Country Wellness Pharmacy and Kim Bellenger's (very yummy) cupcakes.



An amazing \$775 was raised!

Thank you to the Top End Zumba Crew and Michelle Hynes for organising the event, and Griff from Snap Fitness for letting us host it at Snap Fitness Winnellie



Get ready, Get set, Walk!

The annual Walk for Autism is happening on Saturday 16th April at Sunset Park, Nightcliff.

WALK FOR AUTISM

SATURDAY 16 APRIL
SUNSET PARK, NIGHTCLIFF FORESHORE
(END OF ARALIA STREET)

CHOOSE YOUR WALKING DISTANCE, OR EVEN RUN FOR FUN
(DISTANCE FROM THE JETTY TO RAPID CREEK BRIDGE AND BACK IS 5KM)

REGISTRATION AT 7:30AM FOR A 8AM START

BBQ COURTESY OF KIWANIS
BALLOONS FOR ALL KIDS!
JUMPING CASTLE
PETTING ZOO

REGISTRATION
INDIVIDUALS \$5
FAMILY \$10

CONTACT AUTISM NT 08 8948 4424
REGISTER AT WWW.WALKFORAUTISM2016.EVENTBRITE.COM.AU

Come and join us and raise awareness for Autism in the community.

BBQ, balloons, petting zoo, Jumping castle and coffee 7.30 registration.

Register at;



<https://www.eventbrite.com.au/e/walk-for-autism-tickets-22514765269>

Teams, families and individual entries welcome



positive partnerships

Supporting school age students on the autism spectrum

FREE one day workshop for parents and carers

Workshop: 15-16NTPC1

Like all school-aged students, young people on the autism spectrum benefit from strong, positive relationships between the home and school. Positive Partnerships uses evidence based materials and practical resources to help support these relationships by facilitating workshops for parents and carers.

This workshop is for parents, full time carers and grandparents. This particular workshop is NOT open to school staff or service providers.

Workshop details

Venue: SKYCITY Darwin

Gilruth Avenue

Darwin NT 0820

When: One day workshop – Tuesday 31 May 2016

Registration from 8.00 am for 8:30 am start—2:15pm

What will you gain?

The Positive Partnerships parent/carer workshop intends to:

- Increase understanding of the impact of autism on your young person's learning
- Increase understanding of the policies, system and processes that contribute to the educational environment
- Strengthen understanding of the different pathways to access information and support both inside and outside of school
- Assist in understanding how to build and maintain an effective home/school partnership and work with the school to develop shared goals
- Strengthen understanding of how to be an effective advocate to support your young person's learning
- Increase your capacity to maximise your young person's learning at home and at school

Volunteers Needed!

Autism NT are always on the lookout for Volunteers to assist with fundraisers.

Each fundraising event will have a committee member allocated,

If you have any fund raising ideas, suggestions or just want to be part of the fun,

please email;

autismnt@autismnt.org.au

Could you run a social group, or have a great idea for one?

Email the office and let us know!

Do you have fun fundraising ideas?

Are you able to Donate to support Autism NT?

Or, Would you like to sponsor Autism NT?

Contact us and be a part of our amazing team!



Book corner—which one are you going to borrow?

Apps and Technology spot—Keeping up with the kids!



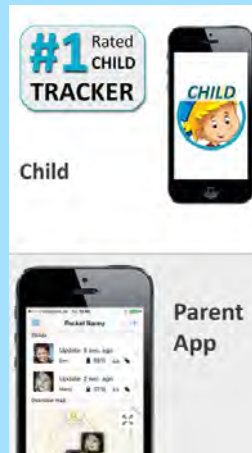
Parenting a child with Asperger Syndrome

For parents of children with Asperger Syndrome (AS) ordinary care and parenting just doesn't always do it - AS kids need a different approach. Brenda is mother to 11 year-old Kenneth Hall, author of Asperger Syndrome, the Universe and Everything, and since his diagnosis at the age of eight she has gathered together the parenting ideas and tips that have had a positive effect on Kenneth's life.

Among other aspects, Brenda discusses parents' reaction to their child's AS, from pre-diagnosis to acceptance of the condition, and gives advice on how parents can better understand 'Planet Asperger'. With an extensive section of practical tips for issues such as anger management and communication, this book will help parents to respond positively to the challenge of AS and find the 'treasure' in their child's way of being.

Great section at the front on "How to use this book in a hurry" - that one sentence shows me she's a mum that understands the concept of time in an ASD home!

Have your children got the freedom of a phone but you still worry where they are?



Little Nanny lets you pair your smartphone with your child's phone when you have downloaded the app. You can have more than one child on your phone, and keep an eye on where each child is remotely.

There is an extra paid option to set an area that they are allowed to go, and you will get an alert if they go out of

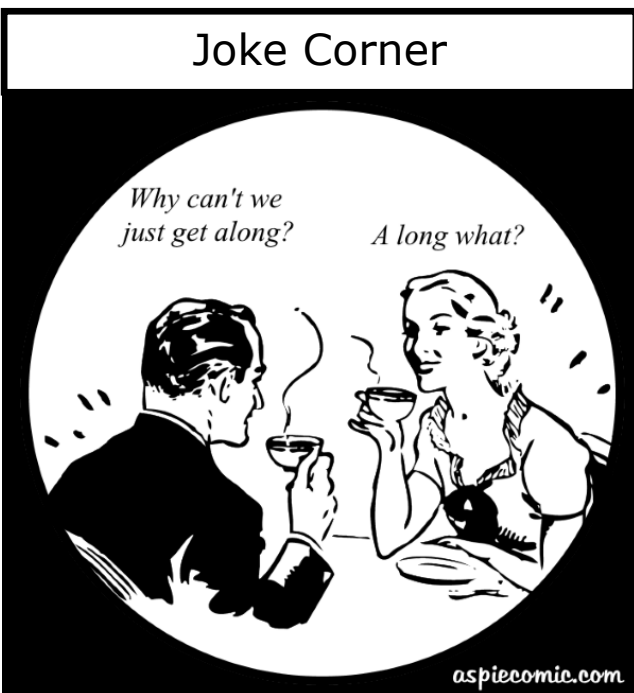
this area. This could be to the park, out to a friend's house etc, and you can change the area as needed.

The children have the options on their device to send an alert to your phone or say that they are fine.

The GPS tracking on the app updates in real time, and is accurate, great if you have a child that likes to go off.



Joke Corner



The app is available from the



Have you a story that you would like to be included in the newsletter?

Would you like other types of information included?

Let us know!

Email autismnt@autismnt.org.au

Let's talk about Autism

Beth, aged 13, wrote this article about autism for her school magazine. Huge admiration here- she is both braver and far more articulate than I was in Year 8.

I have autism.

And I'm not ashamed to admit that.

It may come as a bit of a surprise to you, as the only autism you may know of being exposed to have is the low-functioning, severe, non-verbal kind.

I do not have low-functioning autism. I am a high-functioning autistic. There's a whole spectrum of autism, (that's why its full name is autism spectrum disorder) and no two people with autism are the same. Those with high-functioning autism/mild autism/Asperger's syndrome do indeed face extremely different issues to those with low functioning autism, but there are similar issues affecting the majority of the spectrum that most people do not know.

Imagine having all five senses multiplied by one hundred. Many people with autism, myself included, have never experienced complete silence. We always hear the humming of the lights, or a bird outside, or even the sound of our own breath. We always hear this loud and clear, even in noise-filled crowded room. We feel labels in our clothes for the entirety of the day if they are not cut out, some smells and tastes make us literally unable to breathe. After this all gets too much (trust me, this usually doesn't take too long for most) we can experience something called sensory overload. If visible to others, it probably looks like a tantrum (If you were wondering, I haven't experienced full-blown sensory overload in years, but it still stands. You just learn how to repress it). However, we are not waiting to see if others respond. We want to get out of there as quick as possible, and we certainly don't need judgement from others. I know our behaviours may seem self-injurious to those around us and it may seem funny to see a child who is not two kicking off and screaming, but who are you to judge? You have absolutely no idea what it is like.

Imagine being seen as rude when you do not get the gist of social norms. Most people are born with a general understanding but just need to be reminded to mind their P's and Q's from time to time. Usually, they are well-mannered by the age of four or so. Well... we are all still learning, whether we are eight or eighty. We do try our hardest to think before we speak, but we slip up quite a lot. Sure, it's funny and cute when a three year old says something they shouldn't, but when a nine year old accidentally starts an argument between their family after they repeat something their parents muttered under their breath (Guess who did that, kids!), you're seen as rude and inconsiderate...

Imagine struggling to catch a ball, hold a pen or do anything that involves fine or gross motor skills. We are the children that run with a gait, who are always picked last for the team, whose handwriting ranges from scruffy to illegible. The worst thing is, we are not often given help for this. As autism is known as an invisible disability, people think we are not trying hard enough, children laugh at our mishaps, we feel left out and like a failure on many occasions.

Although after reading this article autism may seem like a terrible thing to have that will ruin your entire life, don't be fooled! All of the best scientists (Einstein, Edison, etc.) that changed our world and way of thinking drastically were rumoured to have autism, along with such famous faces as Daryl Hannah, Tim Burton and the legendary Temple Grandin. We can go on to do the most amazing things if our self-esteem isn't shattered. Autism has no known cause and no known cure, but there is somebody who can make life easier for those who are diagnosed.

It's you.

Autism Awareness Day is coming up on April 2nd, and you will probably be told to wear blue to make people more aware, but I want you to do more than that. Make every day autism awareness day. Try to make a safe space if somebody with autism is on edge at a party. Gently nudge them if they say something wrong. Pick them for your team if playing sports. Even smiling and saying hello in the corridor. Small gestures matter. Often, they can speak louder than words ever could. Please, be autism aware.

Thank you.
Bethany Hiatt

<https://www.facebook.com/autisticnotweird/posts/1792066021016513:0>

What's out and about this month

BE AWESOME DURING APRIL

GO BLUE FOR AUTISM

Host a fundraiser at your school, workplace or with your friends

WEAR BLUE EAT BLUE

HOST A MORNING TEA OR AN EVENT

Contact Autism NT to register your event
 Shop 19 Nightcliff Shopping Centre
 08 8948 4424 • autismnt@autismnt.org.au

people's choice

COMMUNITY LOTTERY

People's Choice Community Lottery said that for every \$2 Community Lottery ticket we sell, they'll give us \$2 back! Sounds like a good deal to us! We just need your help,

Buy your tickets now! see link

Type link into your browser-

<https://www.peopleschoicecu.com.au/autism-northern-territory-inc>



ROTAKAT

SUPPORTING DISADVANTAGED YOUTH THROUGH SAILING

Would your child like to learn about sailing through a specialised program ?
 The Rotakat program focuses on developing a safe, recreational, learning space for children that suffer from intellectual, developmental and/or physical disabilities as well as those who live within unstable social contexts. Three sponsored Hobie 16 catamarans have been employed to teach participants the skills of sailing as well as about the surrounding marine environment in Darwin.
 The Rotakat program fosters a keen educational atmosphere within a relaxed, recreational environment, moulded to the participants' needs. This creates a context where participants are able to grow in confidence, learn the building blocks for creating relationships and develop responsibility and interdependence.



Come Down a see what ROTAKAT is all about
 Darwin Sailing Club
rotakat16@gmail.com
 Pat - 0423284662

The Darwin Sailing Club Inc.



Who's in Charge?

Are you finding it a struggle with children testing boundaries at home?
 Do you want to learn parenting strategies for coping with difficult situations and behaviours?



Who's in Charge? Is an 8 week course exploring why children test boundaries, help give parent's confidence and techniques in regaining control in their home and developing a better relationship with their children.

It gives you the opportunity to meet other parents that are feeling the same way, and helps you look after yourself.

Durack School, 50 Woodlake Boulevard, Durack NT 0830

- | | |
|---------------------|--------------------|
| Thursday 21st April | Thursday 19th May |
| Thursday 28th April | Thursday 26th May |
| Thursday 5th May | Thursday 2nd June |
| Thursday 12th May | Thursday 16th June |

Course times are 7 pm—8.30 pm



For more information contact Kate
 0456 617 942 or helpinghandparenting@gmail.com



Course cost \$50 which includes all handouts and a book to keep.

Parent Support Groups

Palmerston Parent Support Group 10 am

Community Room of MLA Lia Finocciaro
Palm Plaza (next to MVR), Palmerston

Monday 30th May 2016
Monday 25th July 2016
Monday 29th August 2016
Monday 26th September 2016
Monday 31st October 2016
Monday 28th November 2016

Darwin Parent Support Group 7 pm

Community Room of MLA Lauren Moss
Shops 15 & 16 Casuarina Plaza, Trower Rd, Casuarina

Wednesday 13th April 2016
Wednesday 11th May 2016
Wednesday 8th June 2016
Wednesday 10th August 2016
Wednesday 14th September 2016
Wednesday 12th October 2016

Teacher Support and Information Groups

Teacher Support and Information Group 7pm

Autism NT, Shop 19 Nightcliff Shopping Centre

*Please book your attendance on
EventBrite before the evening.*

Tuesday 27th April 2016
Tuesday 24th May 2016
Tuesday 9th August 2016
Tuesday 6th September 2016
Tuesday 25th October 2016
Tuesday 22nd November 2016

Social Groups for High Functioning Autism Students

Technology Group

Ages 7 and over
Cost \$50 per term

Darwin: Thursday at Leanyer
Primary 3.30—5.30pm

Palmerston: Monday at Driver
Primary 3.30—5.30pm

Secret Agent Society

Cost \$500 per term
Ages 7—10

Please contact the office for
more details

Exercise Group

Ages 7 and over
Cost \$50 per term

Darwin: Wednesday at Wulagi
Primary 3.30—4.30pm

Palmerston: Tuesday at
Roseberry Middle 4.30—5.30pm

Book Now



****BOOK NOW FOR NEXT TERM****

Do you know someone who could run a great social group for us?

Have you got an idea for a group that you would like to see?

Let us know what you would like, and we will look into the possibility of running the group, if members would be interested in attending, we have someone to run it and a venue!

Email autismnt@autismnt.org.au