

East

NEWSLETTER

East Anglian Autistic Support Trust

Autumn 1994

Housing Project

Your new-style newsletter WELCOME TO EAST

HEREWARD HOUSING

EAST has joined forces with Hereward Housing Association to further its £900,000 housing project for young adults with autism.

Hereward is a young organisation which took over East Cambridgeshire District Council's housing stock eighteen months ago. Its architectural team has many years experience in the construction industry, particularly in the social housing field.

The partnership with a housing association means the EAST project becomes eligible for a housing association grant which could be more than half the total cost of the project.

LAND AHOY!

A feasibility study has been set up to look at two potential sites in Ely for EAST's housing project for young adults with autism in Cambridgeshire. After looking at most of the cities and major towns in Cambridgeshire the trustees have con-

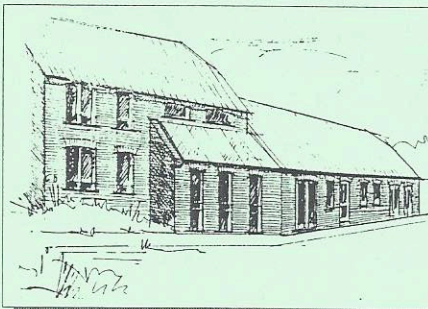
"...the EAST project is eligible for a housing association grant of more than half its total cost."

cluded that Ely would provide ideal surroundings for a quality care service in the community.

After an extensive search across the county, the EAST trustees believe that

Ely would provide one of the best sites in the county. Cambridgeshire is still the only county in the region to have no specialised accommodation for people with autism.

Chairman of EAST, Owen Spencer-Thomas said, "Ely's location gives good access to day provision - so es-



sential in helping our future residents to acquire and develop their social skills."

THE BUILDINGS

A project group has been set up with experts from EAST, Hereward, and The National Autistic Society to design the buildings. Their task is to design an "autism friendly" environment with each house accommodating six people. Residents will have individual bedsitting rooms together with communal rooms, dining room, kitchen and bathrooms.

The aim is to create homely surroundings where people with autism will have the opportunity to live full and satisfying lives.

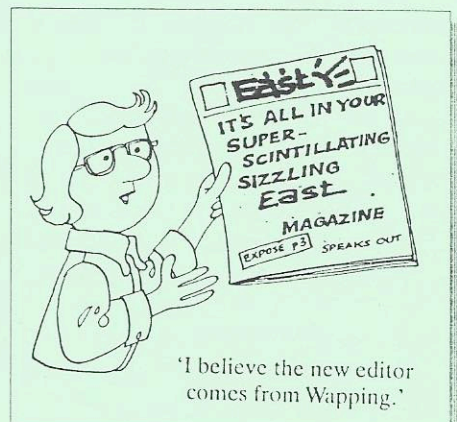
Welcome to your new-style newsletter. We aim to keep you up to date with the latest exciting developments at EAST. The newsletter will report on our recent activities as well as informing you of future social and fundraising events.

But most of all, this is about people. What is being done to support people with autism and their families, and of course, what you are doing. It is *your* magazine and we welcome your comments.

WHY EAST?

You've probably spotted that the letters EAST spell out the full title of our charity, East Anglian Autistic Support Trust. Many of our supporters say they've have found EAST a friendly title, but there's more to it than that.

Our logo also includes a rising sun in the east, symbolising our hope that we can, together with your help, build a brighter future for people with autism in this part of England.



New Fundraiser at EAST.



Hello!
To those of you who have not yet seen or heard of me, I am EAST's

new fundraiser/researcher, Lisa Chapman.

Part of my job so far has been to research and locate those people who would be willing to help EAST raise money for our housing project. The real credit for the fundraising, however, must go to those sports centres, social clubs and many warm-hearted volunteers who give their free time and energy to organise events and raise sponsorship money. Since Jan-

"starting a new job can be fairly traumatic, but my time at EAST has proved to be the most exciting..."

uary many hundreds of pounds has been raised from special events alone, with many more being staged this year and in 1995 (see Looking East Diary, back page).

Having spent the last months watching and encouraging these wonderfully energetic people to raise money, I felt it was time I lived up to my fundraisers title and raised money myself for EAST. Against my better judgement I am dusting the cobwebs from my bike and donning my cycle helmet to take part in my own 30 mile sponsored cycle rally in October. I do need a LOT of encouragement, though, so if anyone feels fit (or silly) enough to join me, or would like to pay to see me saddle-sore, please contact the EAST office on 0223 358446

I promise that every penny raised will go towards helping people with autism in Cambridgeshire.

I would like to take this opportunity to thank my faithful volunteers who have helped me, since my first week at EAST, with whatever weird and wonderful projects I may throw at them. So to Lalagie Charlesworth, Mary Ball, Norman and Edith Forbes and Ray

"The real credit for fundraising must go to those sports centres, social clubs and warm-hearted volunteers who give their free time and energy..."

Gipp, many thanks. Your time and efforts are invaluable.

Finally, I would like to thank Owen and Maggie, firstly for having me as their fundraiser, and secondly, for all their support. Starting a new job can be fairly traumatic, but my time at EAST has proved to be the most exciting, friendly and encouraging transition possible, which can only continue as EAST grows and develops.

Lisa Chapman

Comic Relief EAST Gets £9,570



Charity Projects, the charity behind Comic Relief, has awarded a grant of £9,570 to fund EAST's evaluation, monitoring and action project.

The twin aims of the project are to ensure that young people with autism in Cambridgeshire have a smooth and properly planned transition into adulthood and that those who have reached the age of nineteen have proper accommodation and adequate day services to meet their special needs.

The intense demands of caring for someone with autism often isolate families from knowing about or accessing the services to which they are entitled. Families may simply be unaware of the services on offer or the service they ought to be receiving is unavailable because their needs are unknown to would-be providers.

This magnificent gift from Charity Projects means that we can move forward and get to work to remedy this injustice.

FOR SALE

The New EAST T SHIRTS Are Here

Wear them with pride .

Let Cambridgeshire know that:

**EAST IS BUILDING A BRIGHTER FUTURE
FOR PEOPLE WITH AUTISM.**

£5 Adults Sizes: S, M, L, XL.
£3 Childrens Sizes: 28, 32.

ALL PROCEEDS WILL BE SPENT ON HELPING PEOPLE
WITH AUTISM IN CAMBRIDGESHIRE.

AROUND THE REGION

Keeping fit for fundraising

Our thanks go to the following centres who have staged Aerobathons and keep fit sessions to raise funds for EAST

Burwell Community Centre who raised over £185

Buchan Street whose Aerobathon made nearly £357.



Ross Peers Centre in Soham whose participants collected over £107 from a one hour session.

Netherall Sports Centre who equalled them by also raising £107.

Cambridge Squash Club who raised £219 from their Sunday morning Aerobathon in July

Trimmer and Sensations Health Club whose one hour Step and Fitkids sessions brought in £146.

Family Pictures

EAST has a video of the Hollywood drama, Family Pictures, shown on BBC 2 this September.

The film chronicles forty years in the life of a family who have an autistic child. Nina Eberlin, his sister, reflects on the effect that his condition has on the family. As the story unfolds, it reveals the enormous pressures placed upon parents, brothers and sisters. Although the characters are the sort of people you would expect to star in an American film, the story-line sensitively portrays the enormous pressures, guilt and grief felt by families who have a child with autism.

To borrow ring 0223 358446

New initiative to help families

EAST has sent 105 ring files containing useful facts to parents caring for children with autism in the region. Each Enabling Through Information file has 131 pages on subjects such as education, welfare benefits, diagnosis, support, employment, respite care, activities, sport and leisure. The files list 199 addresses and phone numbers and details of 87 books and leaflets which help families facing the long term difficulties of caring for a child with autism.

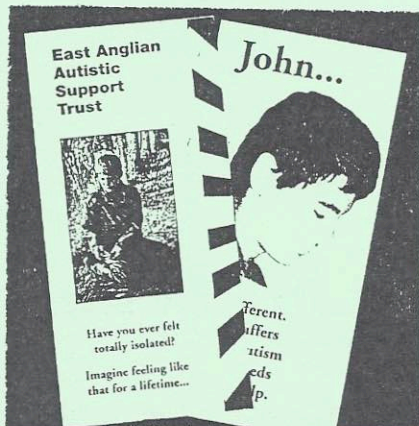
BT Community Programme gave £7,165 to the project. The basic data was compiled by Edwina Landau, who is a research student, and Pam Fearn, a parent. Maggie Spencer-Thomas, Secretary of EAST, is now co-ordinating the project and is keeping the information on a database. As new information comes to hand she will record it and send a copy to each family so that they can update their files, and discard outdated or redundant pages.

New topics such as advice about wills, personal relationships, multiple disabilities and advocacy schemes are currently being researched. Families are encouraged to send information they could share to Maggie at the EAST Office

New Leaflets

WHAT IS AUTISM?

This information leaflet describes the basic characteristics of autism, quotations from families who have had to live with children who have autism. The leaflet, which was sponsored by



British Telecommunications, tells Peter's story, about a sixteen year old who faces the lack of adult provision and the dreadful possibility of losing the vital skills he has acquired.

JOHN

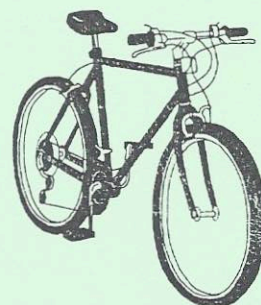
A fundraising leaflet which centres on John's need for adult provision when he grows older. It outlines the EAST project and what can be done to support the vital building work.

Help Maggie get slimmer

Maggie's sponsored slim is almost at its final stages. In just eighteen months she has lost 80 pounds. But she is still five pounds short of her target, the last and toughest stage of her marathon slim-in. She is still looking for sponsors. Can you help her to become a Cindy Crawford look-alike and swell EAST's building fund?

East Anglian Autistic Support Trust

CYCLE RALLY



Join a 30 mile Bike Rally on
16 October
Sponsorship to Raise Money for People
with Autism

For Details Contact
EAST Office: 01223 358446

Looking East

COME AND HEAR ALL ABOUT IT

You can find out about the latest developments of the EAST building project at an Open Meeting on **Sunday 23rd January 1995** at 2.30pm at the Child Development Centre at Addenbrooke's Hospital.



Directions Plus

72-74 Newmarker Road,
Cambridge, CB5 8DZ.
Telephone 0223 313600

Open weekdays 10am-4pm and at Addenbrookes Advice Centre Fridays from 1pm-4pm.

Directions Plus produce a free quarterly newsletter called *Direct Hit*. It is specifically for carers and professionals working with people with learning difficulties. If you would like to receive a copy, please contact **Hilary Johnys** at the above address.

URGENTLY REQUIRED

I need **YOUR** help

I need volunteers to deliver and collect EAST collecting boxes from various locations in the Cambridgeshire area.

Maybe you have time on your hands and would like the responsibility of organising the collections in your area.

Alternatively, you could place boxes in your local parade of shops in your district.

In one area of Cambridge the collecting boxes raised nearly £200 in just 3 months.

Interested or know a friend who may help? Then give me a call at the EAST office.

Lisa Chapman - 0223 358446

**Together We Can Make A
Difference**

Diary of Events

- | | |
|---------------------|---|
| 17 September | Family Splashathon: 5pm - 8pm
George Campbell Leisure Centre, March |
| 1 October | Care Bazaar: 10am - 3pm
Guildhall, Cambridge |
| 9 October | Aerobathon: 2pm - 5pm
Bushfield Sports Centre, Peterborough |
| 16 October | Bike Rally: 10am - 6pm
30 Miles from Cambridge to surrounding villages |
| 29 October | Family Aerobathon: 12pm - 2pm
Lord Butler Leisure Centre,
Saffron Waldon |
| 30 October | Stepathon: 12pm - 2pm
Newmarket Sports Centre; |
| 13 November | Craft Fair: 10am - 3pm
St Ivo Centre, St Ives. |
| 4 December | Aerobathon for National Autism Week
Paradise Centre, Ely |
| 21 December | Carols by Collegium Laureatum Choir
Lion Yard, Cambridge 6pm - 8pm |

5 - 10 December - National Autism Week.

A range of activities are being staged in the region for Autism Week this year. We are mounting an autism awareness campaign which will include local radio and newspapers. Street collections will be held in many cities and major towns in Cambridgeshire. We would like to hear from any volunteers who can help.

For further details about any of these activities and events, please call the EAST office on **0223 358446**.

The printing costs of this newsletter were borne by our friends at

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