



East Anglian Autistic Support Trust, 52 Windsor Road, Cambridge

Autumn 1995

Appeal reaches over three quarters of £1m target

JUNIPER HOUSE PROJECT NOW SECURE

Substantial financial backing for Juniper House, a purpose built project for twelve young adults with autism has been agreed by East Cambridgeshire District Council.

Three councils have committed funding amounting to just over a third of the total project cost. South Cambridgeshire District Council has agreed a capital grant of £50,000 and Cambridge City Council has approved a similar amount in principle. The key partner, East Cambridgeshire District Council, has committed itself to finding a balance of £244,176.

EAST is working in partnership

"...an example of what can be achieved by joint working and shared commitment."

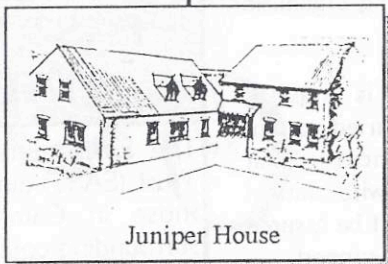
with Hereward Housing Association which has fully committed itself to this development and

will provide over £200,000.

Juniper House, the first scheme in Cambridgeshire catering for the special needs of people with autism, will be located in Ely. The building work is expected to be completed within under two years.

Chairman of East Cambridgeshire District Council, John Seaman, said, "Juniper House is an example of what can be achieved by joint working and shared commitment."

Owen Spencer-Thomas, Chairman of EAST has publically thanked all donors. "This achievement demonstrates that by working together we can make substantial improvements for people with autism. The work still goes on. With your support Juniper House will soon open its doors to provide this vital residential provision."



Juniper House

Mayor at Concert

The Mayor of Cambridge, Sonja Froggett, was among 80 guests who attended a special concert of folk song arrangements staged by the choral group Phoenix Singers in Pembroke Old Library.

The concert, which raised £175 for EAST, featured songs by Percy Grainger, Ralph Vaughan Williams and Edward Elgar. The programme also included instrumental solos by two young musicians. Harpist Helen Lloyd, 16, played five pieces including Renie's Angelus. Rose Midgley, 17, played Richardson's Piano Sonata in F.

EAST PARENT MEETING Change of Venue

EAST's parent meeting, scheduled on Sunday 24 September at 2.30pm has a new venue.

The meeting will take place at the Frank Lee Centre on the Addenbrooke's Hospital site.

Creche facilities will be available.

This month Hayley Hind and Vicki Kenny will talk to parents about Music Therapy and a member of St John Ambulance will be present to discuss a future First Aid course for parents and carers of people with autism.

EAST Courses

Makaton Sign Language

EAST has set up a course, with the Workers' Educational Association (WEA), for parents, carers and professionals to learn Makaton.

The Makaton Vocabulary is a Language Programme which provides a basic means of communication and encourages language development in children and adults with communication difficulties. The Vocabulary is taught with speech and signs, and sometimes symbols, depending on the needs of the child or adult with communication difficulties.

Many children with autism and other communication disorders have been introduced to Makaton at school as a first step to communication. Support workers and teachers at your child's school would also be welcome to join us. Details are below.

A Three Day Makaton Course

Saturdays

30 Sept, 21 Oct, 11 Nov 1995
10am - 4pm

Tutor Sarah Fraser

At: St Augustine's Church,
Richmond Road, Cambridge

Free Creche Available

Course Cost £15

Numbers are limited, so please enrol
in advance.

All applications should reach us by
25 September 1995

Interested?...

Call the Lisa Chapman, at EAST
on 01223 358446

Towards Excellence

EAST is seeking ways to establish standards of excellence in the provision and services planned for Juniper House. One way of achieving this is through the National Autistic Society accreditation scheme.

The NAS is developing an accreditation programme and



quality audit which aims to ensure standards of excellence which meet the special needs of people with autism.

NAS Accreditation and Support Services Manager, Bob Reynolds, spoke recently to representatives of the Health Commission, Social Services and Hereward Housing Association at a meeting organised by EAST.

His programme's goal is to assist, encourage and maintain education, care and support services. That means every person with autism using this provision will be assured of receiving appropriate support.

Accreditation guarantees that an organised service like the one envisaged for Juniper House will keep up to date with the latest developments in the field of autism and the essential specialist service requirements.

Once accredited, Juniper House will receive regular visits from a professional team who would review and audit the service. Accredited services use the NAS jigsaw logo to identify their standard of excellence.

Run for EAST

CALLING ALL
MARATHON
RUNNERS

WANT TO RUN FOR
EAST?

Every year thousands of fleet-footed runners raise thousands of pounds for charity. This year we hope that some of those runners would like to run to help raise money for EAST.

As a small local organisation, EAST cannot promise you expensive trophies of achievement, but we can promise you that every penny that you raise will go to help children and adults with autism in Cambridgeshire.

If you would like to run for EAST please call Lisa Chapman on 01223 358446 for your sponsor pack.

WITH YOUR HELP WE CAN
MAKE A DIFFERENCE

EAST MISSION STATEMENT

The East Anglian Autistic Support Trust (EAST) aims to ensure that all those in Cambridgeshire and its surrounding counties whose lives are affected by autism, or a related condition, receive support and services appropriate to their needs.

EAST works to achieve this through:

*Raising professional and public awareness of needs of people with autism and their families.

*Fundraising to improve services for people with autism and their families.

*Working with statutory and other bodies to help and encourage them to provide services.

*Encouraging research into the causes and the effective management and treatment of autism.

Designing Adult Provision

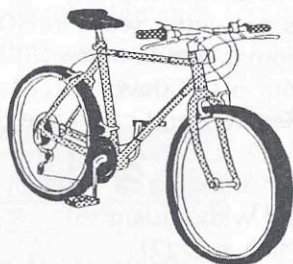
Representatives from EAST, Social Services and the Cambridge and Huntingdon Health Commission have formed a working party to draw up a specification for specialised adult services for people with autism at Juniper House.

The project will strive for a service of excellence which will be part of a county wide network of support services for people with autism and their families in Cambridgeshire the only county in this region where there is still no specialised provision.

Residents, aged from 19, will belong to a small family group in a homely atmosphere. Each person will have an individual care plan tailored to his or her special needs. A range of day services will be available to give residents choice wherever possible.

Staff will have a specialised knowledge of autism and will keep up to date with the developments and service requirements for people with autism.

EAST CHARITY CYCLE RIDE



SUNDAY 15 OCTOBER

Covering Cambridge and Surrounding
Villages
15, 30, 45, 60 mile routes

FOR DETAILS CONTACT
EAST Office: 01223 358446



Proceeds to the
East Anglian Autistic
Support Trust
Reg Charity No. 1009836

Music Therapy

Hello! Having just recently qualified as music therapists from the first year of the new MA in Music Therapy at Anglia Polytechnic University, Cambridge, we are delighted to take this opportunity to briefly tell you about the course and the use of music therapy with people with autism.

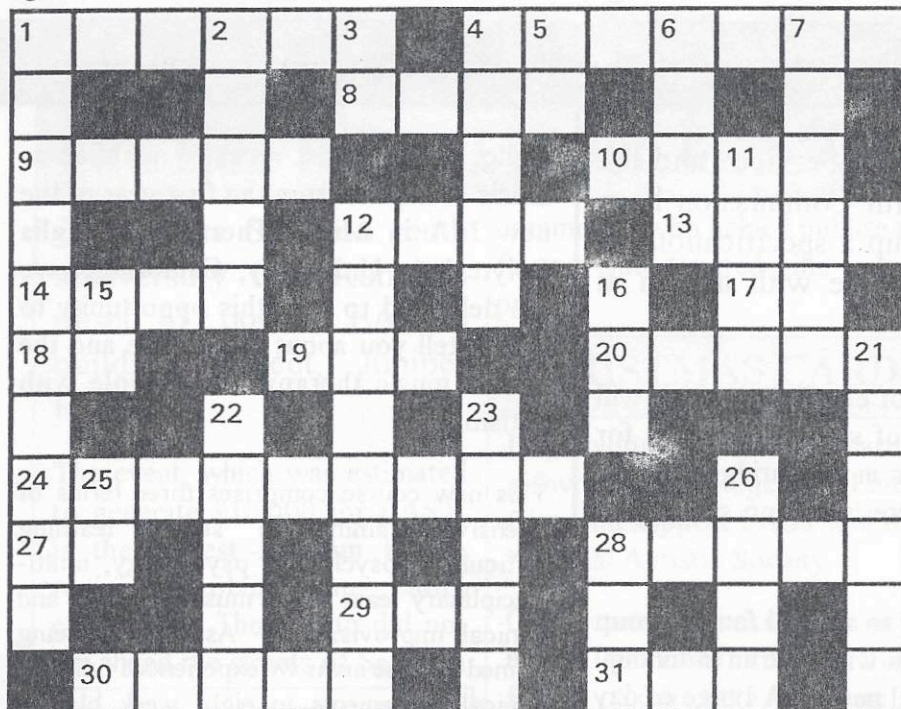
This new course comprises three terms of intensive training in severe learning difficulties, psychiatry, psychology, multi-disciplinary team work, musical studies and clinical improvisation. As well as being trained in these areas we experienced full time clinical placements in eight week blocks. Placements varied from special needs schools to psychiatric hospitals and day centres, and in each place we developed valuable experience working with these different client groups under the close supervision of experienced music therapists.

We have both had experience in working with children who have autism, and have found music therapy to be a useful medium through which a meaningful relationship can be built. Within a trusting relationship, music, through its non-verbal properties, can facilitate communication, expression, creativity, play, imagination and social skills such as directing a musical activity and turn-taking.

Juliette Alvin, a pioneer of music therapy in this country, described it as "a very flexible medium in which to work. Its fluidity and ongoing movement of sounds and silences, through a structure of time and rhythm, provides a unique means of opportunity for two-way communication. It is this communicating and relating which is so difficult for the autistic child within the normal social interaction of language and gesture."

We will be expanding on this further at a talk we are giving at the Frank Lee Centre on Sunday 24 September. We look forward to meeting you then.

Vicki Kenny and Hayley Hind



EAST Crossword

Welcome to the EAST crossword.

Many of the clues are about autism, the mental disability which impairs a person's natural skill to communicate.

Answers to the clues can be found on page 7

ACROSS

DOWN

- | | |
|---|--|
| <p>1 (& 4 across) He played Raymond in the film "Rain Man" (6)</p> <p>4 (see 1 across) (7)</p> <p>8 Not closed (4)</p> <p>9 Autism impairs a child's natural - - - - in communicating (5)</p> <p>10 The East Anglian Autistic Support Trust (- - - -) (4)</p> <p>12 We use these to speak with (4)</p> <p>13 We use this to tell a horse to turn left, right or stop (4)</p> <p>14 Autism affects 4 times as many - - - - than girls (4)</p> <p>17 EAST without ET (2)</p> <p>18 GIFT loses its G & T (2)</p> <p>19 Short, poetic word for OFTEN (3)</p> <p>20 Lyn is 18 but still can't call her mother this (5)</p> <p>24 You have this feeling when you are alone (9)</p> <p>27 This little word sounds like two (2)</p> <p>28 Often very active, people with autism find it hard to keep like this (5)</p> <p>29 Add this to Rain and Hoff (3)</p> <p>30 Not here (5)</p> <p>31 The National Autistic Society (- - -) (3)</p> | <p>1 Autism is a mental - - - - - (10)</p> <p>2 Stalk becomes a means of speech (5)</p> <p>3 People with autism have - - sense of danger (2)</p> <p>4 EAST does this for children with autism and their families (5)</p> <p>5 Find this word in COMMUNICATION (2)</p> <p>6 This may be an autistic child's expression of feeling (4)</p> <p>7 EAST helps people with this condition (6)</p> <p>11 Teams drops a letter to join two pieces of fabric (4)</p> <p>12 Autism lasts this long (8)</p> <p>15 Find this two-letter word in HOFFMAN (2)</p> <p>16 MAY bcomes a girls name (3)</p> <p>21 The colour of 28 down (6)</p> <p>22 Autism isolates and can leave the child feeling like this (5)</p> <p>23 EAST is building a special centre for these - - - - adults with autism (5)</p> <p>25 Sounds like sew (2)</p> <p>26 Spins into sharp objects for a tailor (4)</p> <p>28 The EAST logo includes this bright rising object (3).</p> |
|---|--|

S.N.A.P.S Special Needs and Autism Parent Support group.

Children with severe communication problems.
A group set up by parents for parents and families.

We Offer:
SUPPORT FRIENDSHIP
INFORMATION
A GOOD CUP OF COFFEE
WHERE CHILDREN CAN PLAY.

Where: M.A.G.P.I. Rooms, FE Centre,
Station Road,
March.

When: Every Wednesday
9.30am - 11am.
Tel: Kerry Crouch
01354 52984

Parents Count...

...is a new group aimed at supporting people aged 35 or under with children who have disabilities, health conditions, or learning difficulties.

Based at Buchan Street Neighbourhood Centre in King's Hedges, Cambridge, the group will meet from 9.15-11am. A shared breakfast will be available.

Parents will be able to share their experiences with one another in a safe and relaxed setting and give each other mutual support.

Professionals are also very welcome.

The first meeting will take place on 25 September. We shall continue to meet on the last Monday of each month.

Details from:

Linda Saunders - Directions Plus
(01223 313600)

Susan Cullen - Cambridge and Huntingdon Health Commission
(01223 216877)

VOLUNTEERS

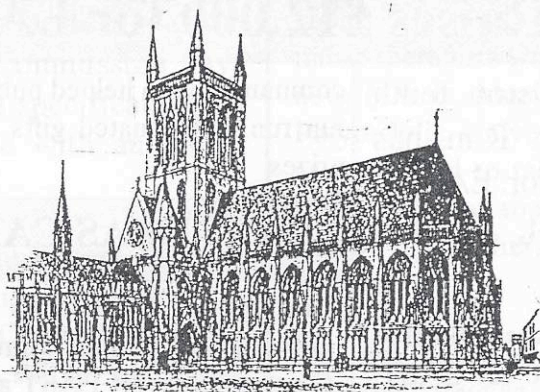
A day or two from your week could transform someone else's.

An hour or two from your day could make theirs.

Volunteering might make your day too.

Call Owen at EAST on
01223 358446

St John's College Concert



St John's College Choir recently held a summer concert in the historic Cambridge college chapel to raise money for EAST. Angela Makey, one of EAST's parents, reports on this choral feast.

Despite going on holiday the following day, I decided at the last minute to take my father to the concert.

The drive into Cambridge and the parking had been easy so we had time to stroll and enjoy the sunshine. We took our seats and as 7.30 approached, people piled in and there did not appear to be an empty seat in the chapel.

During the first half, I really enjoyed *Hear my Prayer O Lord* by Purcell and *Fantasia and Fugue in G Minor* by J.S. Bach. It was good to see the pleasure on the faces of the choir and they looked stunning in their red and white. The singing was superb as you would expect from St. John's Colledge Choir and with the atmosphere in the chapel, it was easy to forget there was another world outside.

The first half finished with *Blest Pair of Sirens* by C. Hubert Parry and J. Milton. This was a good choice as the energy and familiarity of the piece captured the audience and brought the first half to a satisfying close.

Queuing to get out made my father and I realised how many people had come in after us. We spilled on to the lawn into the evening sunshine. There was a real sense of belonging in the audience and we were able to mingle

on the lawns of the court sipping our glass of wine.

This sense of belonging perhaps came from the feeling that it was "our" concert in that we had paid not only to listen to good music but also to raise money for a

charity which is benefiting people we know.

Until this evening my father's only contact with autism had been through his grandson. Going to the concert showed him that others with experience and sensitivity could make things happen and their enthusiasm was infectious.

Anyway, back to the second half. I have always been a fan of Brahms and was not disappointed by *Two Motets, op 29*. The different voices of the choir blended beautifully.

The organ recital *Rhapsody no. 3 in C# minor* by H. Howells was not really my cup of tea, but *Festival Te Deum* by Benjamin Britten and *Lord thou has been our refuge* by R. Vaughan Williams were. I don't think the audience breathed at all when the soloists sang!

Good company, good music and a good atmosphere. We would definitely go again.

Have you written a Will?

If you die without making a Will, the law decides who is entitled to inherit your possessions. By making a proper Will you can ensure your friends and loved ones are provided for.

A legacy to EAST is one far seeing way in which you can help us to help children and adults with autism. Your solicitor can help you draw up a Will.

Fundraising Update

Fun Run Raises £12,000 for EAST

This years Sawston tenth anniversary Fun Run has raised £12,000 for EAST's building project, Juniper House.

The event, which was estimated to generate £10,000 for EAST, is the largest fun run in the region involving an entire community. Those who did not run, lined the streets of Sawston

1995



to donate money, cheer their support and throw wet sponges at weary fun runners!

The fun run attracted all ages and abilities from across the country and indeed the world. One young runner travelled from America to take part.

Prizes were awarded to the fastest male and female competitors, fasted child and best fancy dress. All competitors were awarded with a special tenth anniversary medal.

EAST would like to say a special thanks to the staff and children

"One young runner travelled from America to take part."

at Sawston Village College for all their support and help this year, as well as to the local

community who helped publicise the fun run and donated gifts as spot prizes.

CHRISTMAS CARDS

Buy your Christmas cards, giftwrap and gift tags from Linda Gipp and support EAST and the National Autistic Society.

Cards come in packs of ten or a mixed pack of fifteen from £2.10. Your 1995 brochure is enclosed with this newsletter or available from Linda at 4, Kelvin Close, Cambridge. Telephone: 211525.

Make your cheque payable to EAST (not the NAS as on the brochure). This will ensure that 20% will go to support the EAST appeal. Please return your order form to Linda.

You can buy cards and giftwrap on the EAST stall at most events.

Cards will also be on sale this autumn in the original Christmas card shop at Belfast Linen in Regent Street, Cambridge.

NVQ Gives EAST a Hand

EAST would like to thank the Manor Community College for "lending" NVQ trainee Kathy Hunt to us as part of her 3 week work experience.

Her work in the EAST office has proved invaluable during her time with us this August and she will be missed.

We wish her all the best for the future.

Other Commitments

Lovers of soul music and the film "The Commitments" danced the night away last month as local soul band "Other Commitments" took to the stage to raise money for EAST. Despite blistering hot weather, fans bopped the night away at the Lord Butler Leisure Centre to tracks like *The Love Shack*, *Mustang Sally* and *Bring It on Home*.

"Limited Edition" a local teenage band, supported the group with their cover versions of popular rock tracks, like *Give Me All Your Lovin'*.

The concert raised £241.58 for the Juniper House Appeal.

Nimble pensioners keep fit for EAST

Keep Fit fanatics, which included a team of nimble pensioners, raised £255.30 for EAST with a three hour sponsored aerobic marathon.

The event at the Buchan Street Neighbourhood Centre, Cambridge is the second of its kind which the centre has supported in aid of EAST.



We are extremely grateful for their continued support. All facilities and staff time were donated.

SPINNER

Children from St John's College School, Cambridge, were asked to read books for sponsorship, as part of their Book Week earlier this year to raise money for EAST. 11 year old Lavinia Reindorp reviewed one of the books, Spinner by Anthony Masters.

Gary is different from most other children. He is special. Gary is autistic. This means he

"...Jane sees Gary in a supermarket building a tower of eggboxes with eggs inside."

finds it hard to communicate and he doesn't properly understand what's going on around him.

Gary's parents have split up and his mother moves to a council house in a filthy, dirty city. Gary desperately wants to find his Dad, but because he is autistic, he does not understand that it would be a very long tiring journey and practically impossible to find his Dad. Jane, who lives next door, wants to meet Gary because she takes a fancy to him but she

does not understand Gary is autistic. Gary is obsessed with building and this plays a very important role in the story. Gary is nearly always building with something or other.

One day Jane sees Gary in a supermarket building a tower of egg boxes with eggs inside. Gary placed another box on to the high pile. Sadly it was one too many and the boxes fell. Gary is furious and sad that his tower has fallen but his mother comes and sorts everything out. Very few people realise that Gary is autistic and just think of him as an undisciplined child.

On another occasion, Jane was frantically looking for Gary because he has been missing. 'Gary! Gary!' Jane called, but she does not hear an answer. 'I will find him,' Jane whispered to herself. Jane goes to the park and asks a man who owns

"...there is the cafe man lying in a pool of blood and there is another man standing above him counting a wad of money."

a cafe if he has seen a boy and describes Gary to him. But the cafe man hasn't and keeps cleaning the tables. Jane looks behind the cafe and sure

enough there is Gary playing in the sandpit, but her problems are not solved.

Jane decides that Gary and she are going to find Gary's Dad, but as she drags Gary out from the sandpit they walk round to the front of the cafe and there is the cafe man lying in a pool of blood and there is another man standing above him counting a wad of money. Jane is too late. The man sees her. She makes Gary run. They have to escape from the park to Gary's Dad without this man harming them. Can Jane do it all by herself? Read the book and see!

My Favourite Character

My favourite character is Jane because even though Gary hits her, she stands by him and she is determined to make friends, however long it takes.

This book has made me understand what it is really like for autistic children and it has made me realise how lucky I am. I recommend this book to everybody.

Spinner is a children's novel, available from most bookshops, published by Blackie Children's Books. It's priced £8.99

Crossword Answers

ACROSS

1. Dustin; 4. Hoffman; 8. Open; 9. Skill; 10. EAST; 12. Lips; 13. Rein; 14. Boys; 17. As; 18. If; 19. Oft; 20. Mummy; 24. Isolation; 27. To; 28. Still; 29. Man; 30. There; 31. NAS;

DOWN

1. Disability; 2. Talks; 3. No; 4. Helps; 5. On; 6. Fear; 7. Autism; 11. Seam; 12. Lifetime; 15. Of; 16. Amy; 21. Yellow; 22. Alone; 23. Young; 25. So; 26. Pins; 28. Sun;

EAST Responds to Health Commission Strategy

EAST has told the Cambridge and Huntingdon Health Commission that people with autism, living in the community, will need paramedical support from psychiatric, psychology and speech/language therapy services.

EAST was invited to respond to the Health Commission's Strategy outlining the health needs of people in the community.

In his paper to the Commission, the Chairman of EAST, Owen Spencer-Thomas, said that people with autism "can develop new problems quickly, and in those circumstances, may need immediate access to the services of a consultant psychiatrist, clinical psychologist or psychiatric nurse."

EAST concedes that the physical needs of people with autism are not necessarily different from those of others. However, Owen Spencer-Thomas warned that the level of specialist support and services needed will be beyond the resources of the average GP.



WHATS ON! Diary of Events - 1995

- Sun 24 Sept** **EAST Families and Supporters Meeting : 2.30pm**
Speaker: Music Therapy, Hayley Hind
 Frank Lee Centre,
 Addenbrooke's Hospital.
- Tues 26 Sept** **Junior Tap Danceathon: 4.30pm**
 King Slocombe School of Dance,
 Cambridge
- Sun 1 Oct** **Fitness Marathon:**
Aerobics, Step, Circuit training
 Hudson Leisure Centre, Wisbech.
- Sat 7 Oct** **Care Bazaar: 10am - 4pm**
 Guildhall, Cambridge
- Sun 15 Oct** **EAST Cycle Rally: 10am**
 Cambridge and surrounding villages

SPECIAL EVENTS FOR NATIONAL AUTISM WEEK

- Sat 2 Dec** **Fitkid/Parent Challenge: 2pm**
 Attrium Club, Ely
- Wed 6 Dec** **Street Collection: All Day**
 March Town Centre
- Thurs 7 Dec** **Street Collection: All Day**
 Ely Town Centre

**Interested? Please call Lisa on 01223
 358446**

Volunteers are always welcome!

EAST Reg Charity No 1009836

COLLECTING BOXES UPDATE

The first collecting boxes went out in Cambridge in April 1994. Since that time, over 200 have been placed on ten routes, most of which are now collected by parents and friends of EAST who volunteer their valuable time.

The amounts raised in these boxes range from £1 to £50 in small change, but as you will see every penny counts. In total, these collecting boxes have raised £1,138.98 in just one year. This is a fantastic figure. To all those who have donated your time, money and support...

THANK YOU!

SPONSORED FITNESS CHALLENGE

SUNDAY 1 OCTOBER

HUDSON LEISURE CENTRE WISBECH



Getting Fit For Fun

11.30am - 6.30pm

Join in for as many or as few hours as you chose

Under 16's must be accompanied by an adult

Entry Fee: £1.50 per person; £5 per family
 SPONSOR PACKS AVAILABLE AT THE HUDSON LEISURE CENTRE OR EAST OFFICE

**FOR DETAILS CALL:
 01945 584230/
 01223 358446**