

Winter Newsletter 2011

# autistica

Science in the Service of Autism



*"I normally run pushing Jacob in his special wheelchair. We have competed in six 10K events together and thoroughly enjoyed every minute. He loves the movement and the atmosphere of the events - he is often urging me to go faster and never likes having to stop at the finish! I run for all of those affected by autism but most especially Jacob."*

**Dave Price**



**Get ready for World Autism Awareness Day.  
Buy our t-shirt at  
[www.autistica.org.uk](http://www.autistica.org.uk)**

# WELCOME...

...to our first newsletter of 2011 – a new year with new ambitions!

Last year saw deserved recognition of research projects which Autistica supports – most recently the project based at Kings College London which won the NHS Innovation of the Year award for brain imaging research towards the diagnosis of autism. [Click here to view.](#)

Early diagnosis and more effective treatments; this is what people with autism and their parents, siblings, schools, care workers and health professionals want. Achieving these through research is Autistica's commitment to our supporters.

If you missed our 2010 Highlights, please [click here](#). So, what can you expect from Autistica this year?

Autistica is the organisation best placed to deliver. Respected globally, we worked with the World Health Organisation and were successful in ensuring autism was acknowledged as a specific condition in their Mental Health Intervention Guide.

We receive no state funding and rely on the generosity of our supporters – from a little girl who made bookmarks and raised funds for Autistica at a summer fete, to Trusts and Foundations. One such trust pays our running costs, so that you can be assured that virtually all your donation will go directly to research that is going to make a difference. We appreciate everything you do to support us and would be very grateful if you would continue to do so, whether by making a [donation](#), taking part in one of our challenges or runs, getting involved in [World Autism Awareness Day](#), or choosing Autistica as your company's Charity of the Year.

Meanwhile, we have some fundraising ideas from our team to entice you!

With best wishes

Philippa Stannard  
Head of Fundraising Development

## MAKE A DONATION TO AUTISTICA

There are several ways you can give to Autistica. Our running costs are funded by the Shirley Foundation so you can rest assured that anything you can donate will go directly to help pay for the essential research into the causes of autism.

Please visit our website to see how you can give to Autistica. [www.autistica.org.uk/donate](http://www.autistica.org.uk/donate)

# WAYS TO SUPPORT AUTISTICA



Raise funds for Autistica by sending us your unwanted mobile phones, which we will recycle. Simply send your phone to us at Autistica, Rotherfield House, 7 Fairmile, Henley-on-Thames, RG9 2JR



## EBAY FOR AUTISTICA

Did you know you can donate a % of your eBay sales to Autistica. Simply [click on this link](#) to find out more.



This is a brand new online shopping site where on average, 2.5% of every pound you spend online can go to Autistica. With just about every online shop you can think of taking part, this is a fantastic opportunity for us. Please [follow the link](#) and help us raise funds.



## DONATE YOUR SCRAP CAR TO AUTISTICA

We have recently teamed up with Giveacar, the UK's largest scrap car and vehicle donation service. The service organises the free collection and recycling of any car or vehicle, anywhere in the UK. Cars are either disposed of, and the value of the scrap metal donated, or placed into an auction, and the sale price donated. To donate a car to Autistica, please [click here](#) and it will lead directly to our page on the Giveacar website."

Last year Autistica became a member of the Association of Medical Research Charities (AMRC), a membership organisation of leading UK medical and health research charities. The AMRC helps charities advance medical research by developing best practice, providing information and guidance, improving public dialogue about research and science, and influencing government.

# Get fit in 2011 and sign up for one of our runs

We have places in the following runs and marathons, as well as some new charity challenges and a very muddy run...

## READING HALF MARATHON

**Sunday 29th March**

Always a popular run - a great start to the year and perfect if you want to start training for it now! Our places are starting to fill, so please [apply here](#) as quickly as possible.

## THE GREEN PARK CHALLENGE

**Sunday 29th March**

A super 2.8km run open to the whole family! It happens just before the start of the Reading Half Marathon - using part of the same course. [Click here](#) for more information.

## BUPA 10K

**Monday 30th May**

Take a run on what will be the 2012 Olympic Marathons course - and passes many of London's famous sights. [Click here](#) to register.

## ADIDAS LADIES CHALLENGE

**Sunday 4th September**

Please email [lynn.hart@autistica.org.uk](mailto:lynn.hart@autistica.org.uk) to register your interest

## GREAT NORTH RUN, NEWCASTLE UPON TYNE

**Sunday 18th September**

The world's largest half marathon - always fills up fast - £25 entry fee and £300 minimum sponsorship. [Click here](#) to register.

## ROYAL PARKS HALF MARATHON, HYDE PARK, LONDON

**Sunday 9th October**

Remains our most popular Half Marathon - runners are registering already. With limited places - please register asap - entry fee £39 and £325 minimum sponsorship. [Click here](#) to register.

## THE SALOMON TURBO X TRAIL RUN

One of the maddest, muddiest runs you can find, this 10 mile race is a crazy mix of mud, sweat and trail, guaranteed to satisfy your off-road desire!

Go to [www.salomontrails.com](http://www.salomontrails.com) and be persuaded!



## IN FOCUS



**During 2010 Bernard Abrahamsen completed five challenge events and raised a marvellous £7,000 for Autistica!**

The first event was The King of the Downs, a tough cycle race of 115 miles through the South Downs, which was shortly followed by The Windsor Triathlon. Just 12 days after Windsor, the 550km London to Paris bike ride, was followed by the Vitruvian Triathlon. Bernard's final challenge was The Royal Parks Half Marathon. A truly remarkable achievement!

Bernard says 'It was certainly a lot of hard work, both in training and competing, however it was hugely satisfying being able to raise money for such a worthy cause!'

## A VERY MUDDY RUN

Dr Emma Meaburn and her friend and colleague, Natasha Kirkham took part in the **Turbo X Trail run** in November 2010.

The infamous natural assault course of water, sand, marsh and muck has a hidden twist... the X Zone - a 1 to 2 miles section of the craziest terrain to push your stamina, agility and perseverance to the limit. You will wade through watery wildness, clamber through mud, sand and bog - charging your way through the roughest off road track you can imagine!

Both Emma and Natasha are involved in autism research at the School of Psychology, Birkbeck University of London.

After the race, Emma said:

*"I don't think I can do justice to the sheer craziness of the race. I have never seen (or smelt!) mud like it. At one stage we had to swim (!) across a ravine, and I also got stuck in the mud and had to be hauled out by a burly man in army fatigues. It truly was a great day out! There was quite a lot of swearing though!"*

## IF YOU ARE LOOKING FOR SOMETHING A LITTLE DIFFERENT...

**ChooseaChallenge** has some really exciting and unique challenges – from shark dives to bungee jumps. Why not take a look at their website. We will support you whatever you decide to do! - **just email us** or go to [www.chooseachallenge.com/charities/autistica/](http://www.chooseachallenge.com/charities/autistica/)



## TREKS AND CHALLENGES

Would you like to take part in an exciting challenge, have a once in a life-time experience and improve your fitness whilst raising vital funds for autism research? Then go to [www.autistica.org.uk/challenge](http://www.autistica.org.uk/challenge) and take a look at some of the fabulous Treks and Challenges we have to offer. From climbing the Three Peaks, cycling from London to Paris, reaching the summit of Kilimanjaro we believe we will have something to tempt you.

For all information about our challenge events, please contact Lynn Hart at [lynn.hart@autistica.org.uk](mailto:lynn.hart@autistica.org.uk)

## AND FOR THE MORE REFINED....



### Charity Clay Shoot, Royal Berkshire Shooting School Friday, 17th June

Why not enjoy a day away from the office and join our ever popular shoot, with top instructors at hand and surrounded by beautiful scenery?

This year, we are delighted that NBC Universal are sponsoring this Autistica fundraising event. You can come as a team of four at £1500, individually at £375 or as a non-shooting guests £95. Please contact [lynn.hart@autistica.org.uk](mailto:lynn.hart@autistica.org.uk) or ring Lynn on 01491 411569 for further information.



### Lunch at Cliveden House Hotel Maidenhead Tuesday 10th May

To celebrate our 5th Lunch at Cliveden we are delighted that our Founder, Dame Stephanie Shirley, will be speaking about her life on Tuesday 10th May 2011. Dame Stephanie arrived in the UK as an unaccompanied child refugee during the Second World War, later set up a multi-million pound IT company, while bringing up her late autistic son. Today in her 'retirement' she is strongly focussed on autism and philanthropy.

The lunch starts with a champagne reception, followed by a delicious 3 course luncheon, including wine. The tickets are £75 per person, available from [lynn.hart@autistica.org.uk](mailto:lynn.hart@autistica.org.uk).

**STOP PRESS:** We have just learnt that John Lewis has very generously agreed to run a Fashion Show at our lunch. More details will be on the website soon.

We hope you will agree that Autistica is a charity worthy of support. Every donation to Autistica is greatly appreciated and brings us a little but closer to finding the causes of autism and a better quality of life for autistic people.

Yes, I would like to support Autistica.

I enclose my cheque/CAF Voucher payable to Autistica, or

Please debit my credit card/CAF card to the amount of £ \_\_\_\_\_

Exp Date:  /  Issue Number (Maestro): \_\_\_\_\_

Mastercard / Visa / Maestro / CAF / Amex / Other

Card No:

Mr / Mrs / Miss / Other: \_\_\_\_\_ First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ County: \_\_\_\_\_

Postcode: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Have you signed a Gift Aid Declaration for us yet?  
Signing the declaration below allows us to claim back the tax you've already paid on your donation - at no extra cost to you. *giftaid it*

**DECLARATION**

I am a taxpayer. I want Autistica to reclaim tax on this donation and on all donations made in the last 4 years and any subsequent donations I make.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**PLEASE NOTE: you must pay an amount of UK Income Tax or Capital Gains Tax equal or more than the amount reclaimed on your donations. Contact us for further information or if your tax situation changes, or you wish to cancel this declaration.**

Please send me a copy of the latest Annual Review from Autistica.

Please send me this newsletter by email in future. My email address is: \_\_\_\_\_

I do not wish to receive any more mailings from Autistica.

Autistica, Rotherfield House, 7 Fairmile, Henley on Thames, RG9 2JR.  
Charity Registration Number: 1107350. Registered in England.

# AUTISM NEWS



## Molecular Autism

Molecular Autism provides autism researchers with a forum for basic, translational and clinical study into the molecular basis of autism and related neurodevelopmental conditions. The journal publishes important research in this field such as the highly accessed article below which is available to view for free.

All research content in Molecular Autism may be freely accessed, re-used and re-distributed and you can keep up to date with the latest content, and get new articles delivered straight to your inbox, by signing up for regular article alerts.

For all enquiries about the journal, contact [editorial@molecularautism.com](mailto:editorial@molecularautism.com)

## IMPLEMENTING THE AUTISM ACT (2009) – PUTTING STRATEGY INTO PRACTICE

This conference takes place in Manchester and London and will examine how adults with autism can be best supported in key areas including housing, education, training and employment, following the recent publication of a guidance paper regarding the implementation of the Autism Act (2009).

The conference will be relevant to people who work with, provide services for, and have an interest in adults with autism. Carol Povey, Director of the Centre for Autism, National Autistic Society will be the Key Note Speaker.

- 17 February 2011 – Manchester Conference Centre, Manchester. [More details](#)
- 29 March 2011 – ORT House Conference Centre, London NW1. [More details.](#)



Click [here](#) to donate to Autistica online.