

ASPIA Newsletter November 2012

Mutual understanding of the Asperger Marriage experience

ASPIA Partner Support Group Meeting (Sydney)

This Saturday 3 November, 2012

Time: 2.00pm – 5.00pm

**The College of Nursing, 2nd Floor
14 Railway Parade, Burwood (Sydney)**

\$10.00 per non-member, \$5.00 per member
Please bring something to share for afternoon tea.

Psychologist Eleanor Gittins will be presenting and facilitating a discussion time.

In an earlier meeting in 2012 group members were encouraged to list what they were finding the most difficult to deal with at home at that time, and also what topics they'd like more education on in the future.

Eleanor has a copy of that list, and is preparing some material so she can provide some suggestions and education to support us with those expressed needs.

Eleanor's education is invaluable, and feedback from her presentations is always extremely positive. See you there!

(Group members, please remember that our meetings are not suitable for your AS partner, unless we advertise that specifically.)

Remaining ASPIA Meeting Dates for 2012

November 3	December 1
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Lunch Club prior to support group

LITTLE NEPAL restaurant, Shop C,
135 Burwood Road, Burwood (Sydney)
Arrive any time between 12noon & 2pm.
All welcome. (Directions: From Burwood Station, go left & up the hill, a few shops past the Westpac Bank and then cross the road.)

Central Coast Group (NSW)

3rd Saturday of the month
Next meeting is on 17 November at 2pm
Empire Bay Garden Nursery & Cafe
Poole Crescent, Empire Bay.

Financial membership of ASPIA Inc is only \$55.00 per year

(non-AS partners/family members only)
One of the benefits of membership is access to our private Facebook group. We have 31 participants now and the extra contact between meetings is very reassuring.

Please contact us for information about how to become a member and then how to join the Facebook group.

ASPIA also has a "public" facebook page "Like" us to join

<https://www.facebook.com/pages/Aspia-Inc-Asperger-Syndrome-Partner-Information-Australia-Inc/293809577377381>

(Remember that when you "like" our public page it can be seen by your other facebook friends. Our private group for members is secret, & not seen by your other facebook friends.)

Purchase ASPIA's self-help guide:

"ASPIA's Handbook for Partner Support"

Collection of ASPIA's best information since commencement in 2003. Contains ideas for maintaining our own well-being and managing the relationship difficulties. Written/compiled by Carol Grigg. We have sold 87 copies so far online, and feedback is very positive.

Paperback is \$35.00 (plus postage) - order online.

<http://www.lulu.com/content/paperback-book/aspias-handbook-for-partner-support/12781936>

eBook is \$20 - immediate download

<http://www.lulu.com/content/e-book/aspias-handbook-for-partner-support/12936851>

Need to de-brief? Explore ideas?**Mentoring for partners available**

By Phone, Skype or Email, \$30 per half hour.

Carol Grigg, Dip Counselling, Member ACA

To make an appointment:

Phone or text 0408 817 828, or

Email carolgrigg@live.com.au

News

Looking for books on Asperger's Syndrome?

Visit Resources at Hand to view their latest catalogue. Lorraine provided the bookstall at our workshop with Rudy Simone last November.

www.resourcesathand.com.au

Research - Still seeking participants:

NT-AS Intimate Relationships Study.

Online questionnaire and interview (1hr by Skype and is optional). Here's the link:

<https://www.psychdata.com/s.asp?SID=147628>

Other Partner Support Groups in Australia

- **Central Coast, NSW:**

Third Saturday every month (see first page)

Contact ASPIA info@aspia.org.au

- **Newcastle, NSW:** Possibility of new group forming. Anyone interested contact ASPIA.

- **Northern Rivers, NSW:**

Phone Debbie on (02) 6676 0483

Email: northernriversasdnetwork@gmail.com

- **Brisbane:**

Queensland Asperger Partners' Support Group (QAPS):

Phone Helen on 0418 761 652

Email gaps.group@gmail.com

- **Brisbane/rural Qld:**

Visit www.aspiepartners.com

- **Gold Coast:**

Phone Tricia on 0413 085 174

Email tricia.alaska@yahoo.com.au

- **Perth:**

Phone Roz on (08) 9284 5252

Email: rozsdesk@iinet.net.au

- **Perth:**

Email Melanie aspiepartnerswa@hotmail.com

- **Melbourne:**

Visit forum at www.aspartneraus.org

or email Melissa meraine@bigpond.net.au

- **Adelaide:**

Phone Heike Haffer on 0431 039 136

Email heikehaffer@hotmail.com

Please remember that ASPIA meetings are only suitable for non-Asperger individuals. ASPIA does not have the expertise to responsibly offer education or support to adults with Asperger's Syndrome. Individuals with Asperger's Syndrome are advised to see below for a listing of groups specifically set up to address the needs of those with Asperger's Syndrome. Thank you for your understanding.

Brisbane - couples group

Asperger Services Australia (ASA) are setting up a **couples group** in Brisbane. Brisbane readers please let ASA know if you are interested

www.asperger.asn.au

The following is a list of Support groups and resources for adults with Asperger's Syndrome**Support group for Adults with AS**

North Shore, Sydney

Visit website for announcements www.jdpsy.org

or call Jeroen Decates on 0402 028 588

Forum-workshops for ASDian adults on

selected Wednesday afternoons at Hamilton South (NSW), 1.30pm-4pm. Call Leigh 02 4966 1717 or email aut_s_pport@yahoo.com.au

ASPECT also has resources for adults

email infoline@autismspectrum.org.au

or phone 8977 8377

Social group in Sydney for diagnosed adults

(co-ordinated by ASPECT) Contact Annie Sloggett on 0409 603 582 or

asloggett@autismspectrum.org.au

Workshops on Relationships, social skills, sexuality

Liz Dore www.relationshipsandprivatestuff.com

ASTEEN - Teen social/support group

includes yahoo group Contact Christine Ayo christinefayo@gmail.com Ph: 0469 577 723

or Lyn Starr randlstarr@bigpond.com

Ph: 0408 445 019

Sue Larkey often holds workshops with Tony Attwood and her website has lots of useful tips www.suelarkey.com

In Sue's last newsletter she recommended a book on the common causes of meltdown.

Great Websites for all of us to keep an eye on:

Our own ! www.aspia.org.au

Jeroen Decates (Sydney) www.jdpsy.org

Tony Attwood's www.tonyattwood.com.au

Asperger Services Australia (Brisbane)
www.asperger.asn.au

Autism Spectrum Australia (Sydney)
www.autismspectrum.org.au

Thoughts ...

During a discussion between members earlier this year, one of our long-time members used the term "crumbs" to describe those tantalising moments when the veil slips away and our partners respond to us in a "normal" kind of way with empathy, consideration or co-operation, and Asperger's Syndrome suddenly doesn't seem to exist, for a moment.

They may remember a special date, show consideration, follow through on a request, speak with a kind tone, express their love or appreciation, smile warmly, open up and exchange deep thoughts and feelings with us, or moments of affection and intimacy.

Precious, precious moments. But crumbs.

Crumbs because we nibble them up gratefully, and longingly look for more . . . but they're gone, with no trace of the heart-source from which they came. Not knowing why that moment happened, or if it will happen again.

Just precious crumbs that keep us hoping, keep us believing, keep us loving, keep us looking, keep us belonging ... just in case there are more

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(Carol)