



A wise man once said:

“For everything there is a season: - a time to be born; and a time to die; a time to weep and a time to laugh; a time to mourn and a time to dance;” There is also a time to take...and a time to give...”

Christmas is a time to give!

A time to reach out and make someone feel special. A time to let that special person know you really care and a time to dig deep and give so that people don't suffer so much.

This Christmas, we ask you to help us “give” to children with Autism.

Autism effects children's senses, ability to speak, perception, and social skills. It can manifest itself in: the appearance of physical clumsiness or carelessness; poor body awareness, not capable of calming down; or a tendency to be easily distracted.

These last two effects present an opportunity for you to help us deliver **Cootharinga's new Autism – Early Intervention Services** to children between the ages of 0 – 6 years of age. Being able to provide a weighted blanket or weighted vest for each child will help to keep them calm and relaxed. Being able to provide a Talk Pad for each child will keep them focused and provide the motivation to learn new things. To help these kids develop to their potential they need to be calm relaxed and focused!

1. Weighted Blanket or Vest

A weighted blanket or vest is an aid for deep pressure touch stimulus. This is believed to release a chemical in the brain which naturally calms. The weighted blanket or vest is effective in relaxing and creating a feeling of calm.

2. A Talk Pad

A Talk pad is a four message/button battery operated device, which allows for 15 seconds of record time per button. These devices are very appealing to children with autism and can be used in numerous ways to focus attention on various skill areas, as well as increase classroom participation, focus and communication.

Will you help us meet our goal of placing a weighted blanket, vest and talk pad in each child's hand?

There are several tiers to this giving opportunity and we sincerely appreciate your support. We will recognize your generous gift with gift cards on individual product, and if you like, you can include your name to acknowledge the generous and selfless gift you make. As you may know these products are expensive, with an average cost of \$100. Let us give you an example of the impact of your gift!

- \$100 – your gift will provide a weighted blanket, vest or talk pad for one child;
- \$300 – your gift will provide a weighted blanket, vest and talk pad for one child;
- \$500 – your gift will provide a blanket, vest or talk pad for five children;
- \$2500 – your gift will provide a blanket, vest or talk pad for 25 children;
- \$5000 – your gift will purchase specialised equipment for use in a sensory stimulation and development program, for children with autism.

Cootharinga serves people with disabilities, who have limited financial means but are committed to being a success in the wider community. Your generous support of a weighted blanket, weighted vest or talk pad will not only have it's impact at Christmas time but many months to come. Thank you for your gift to the little children with Autism. We wish you and your family a very Merry Christmas and a Happy New year!

Yours in the Spirit of Christmas,

Board, Management and Staff – Cootharinga North Queensland, Ability First!



YES! I WANT TO CONTRIBUTE TO COOTHARINGA

Here's my gift! \$100 \$300 \$500 \$2500 \$5000 or \$ _____

Dr/Mr/Mrs/Ms/Miss _____

Address _____

Postcode _____

Telephone (____) _____

Cheques payable to: **The Cootharinga Society of North Queensland
PO Box 792 Castletown Hyde Park QLD 4812**

Cardholder's Name _____

Cardholder's Signature _____

Card Expiry Date _____

2010 TAX RETURN - Thank you for your contribution, you will receive a receipt.

