

South Hampshire Branch

Dear Friends

We hope you have had a good Easter. Please find below all the latest information from our branch, along with other information that we hope you will find useful. We very much look forward to our Annual General Meeting which features a talk which we know will be of interest to many of you. We are very fortunate to be able to welcome a guest speaker very experienced in the area of sensory issues in autism – we look forward to seeing you there.

Special speaker for our 10th anniversary Annual General Meeting

We welcome an excellent speaker at our next support group meeting, which is our 10th anniversary Annual General Meeting, on **Monday 20 April** at Bishopstoke Evangelical Church at 7.30pm.

Dr Niko Kargas is from the University of Portsmouth's Department of Psychology. He is a member of the **Autism Research Network** (ARN), a network aimed at bringing together academics, practitioners and people with autism and their families.

He will be speaking on

Sensory issues in the context of communication difficulties from infancy to adulthood.

Dr Kargas has five years working experience as an Autism Practitioner. In this role he had the opportunity to develop, implement and teach programs and classes specifically designed for children and adults with autism. Also, he volunteered as a citizen advocate for people with learning difficulties in Partners in Advocacy for four years and is a graduate member of the British Psychological Society, the Autism Research Network and the Centre for Situated Action and Communication.

Dr Beatriz López, whom we previously announced would be attending, has suggested Dr Kargas speak instead as he is ARN's main researcher in the field of sensory issues in autism. We hope Dr López will be able to attend one of our meetings later in the year.

There will be plenty of time at our meeting to have a chat and to browse our Resource Library, comprising over 300 books, videos and DVDs on many aspects of autism and Asperger syndrome.

If you have any books due back or overdue, please don't forget to bring them along.

Family Youth Club

After a break for Easter, we meet again on **Saturday 2 May** at Chandlers Ford Methodist Church from 3.30pm to 5.30pm. Children accompanied by their families are welcome. As always, a number of rooms and activities will be available and we look forward to an enjoyable afternoon.

For those who have not attended before, the club is for children with autism and Asperger Syndrome (most attending are around ages 5 to 13). The whole family, including siblings, are welcome. We have activities such as table tennis, air hockey, a craft table, books, board games, LEGO and other toys plus an opportunity to play in the large hall with a ball, bowling and, sometimes, parachute games.

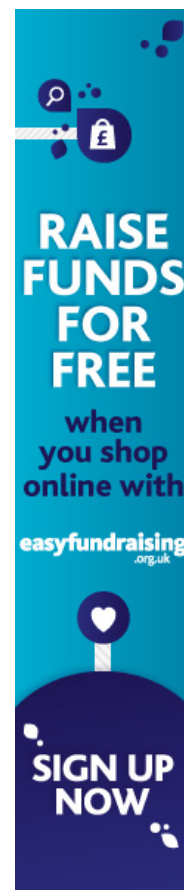
Emma and Lucy, our new volunteer play facilitators, will be present to help the children and young people enjoy the activities we have on offer.

We also hope that Richard, our Gestalt Psychotherapist, who regularly works with people with autism, will be able to pop in to offer advice to parents and children.

PLEASE NOTE: Parents must be responsible for their children during the duration of the youth club and must remain in the same room as their child at all times – thank you.

The club costs just £1.50 per child. Entry is via the children's garden at the rear of the church, next to the car park.

Full details, including a map of the venue, can be found at www.shantsnas.org.uk/Home/Family%20Youth%20Club



Accept difference. Not indifference.

LEGO club



We next meet again on **Saturday 2 May** at Chandlers Ford Methodist Church.

To express an interest in your child joining the waiting list for this club, please complete the form (which can be found on our website at www.shantsnas.org.uk/home/lego). *PLEASE NOTE: We have been advised that, unfortunately, this type of therapy is not successful with children who have an ADHD or PDA diagnosis.*

Our Southampton social groups

Children's social group

Meeting on **Tuesdays** from 6.30pm to 8.30pm. The group meet fortnightly (all the dates are on our website). An exciting programme of events is planned for the next few months.

Adult's social group

Meeting on **Tuesdays** from 7.00pm to 9.00pm. The group meet fortnightly (all the dates are on our website). Again, there are lots of plans this year for this popular group.

For more details of both of these social groups, email aspsg.shants@gmail.com or contact Sue on 023 8043 2612 or Tracey on 07532 282301. New members are always welcome to attend. Both groups meet at St Patrick's Church, Portsmouth Road, Woolston, Southampton, SO19 9BD.

Drop-in Breakfast Meeting

Hampshire Parent/Carer Network (HPCN) is holding an introductory meeting for parent carers of children and young people (0–25yrs) with a disability or additional needs, to find out more about HPCN and the work they do, on **Monday 27 April** from 9.30 to 11.00am at Shawford Parish Hall, Pearson Lane, Compton, Winchester, SO21 2AA. There will be a free breakfast, project updates, HPCN parent representative and local information from organisations who work with parent carers and their families. For more information contact participation@hpcn.org.uk

Hampshire's Children and Young People's Plan Consultation

Hampshire's Children and Young People's Plan sets out how the Children's Trust will improve outcomes for children and young people. A new Plan will be launched in 2015 and consultation on the priorities is about to begin. They would welcome your views and comments; visit <http://www3.hants.gov.uk/cypp-consultation> to access the guidance and survey. The consultation runs until **27 April**, and feedback received will help inform the final Plan. If you would like to complete the survey in another format, call 0300 555 1375.

NAS Surrey Branch conference

This popular event is being held on **Saturday 3 October** at the University of Surrey in Guildford. The theme is: *Anxiety and Anger in Autism – causes, consequences and how to reduce them*. The keynote speaker is **Dr Wenn Lawson** (formerly Wendy Lawson) who will speak about the topic as a whole. They also have smaller seminars run by local professionals looking specifically at:

- anxiety and anger in the classroom
- anxiety and anger in adults
- medication
- strategies for sensory issues

They suggest donations of £30 for parents/carers/people with ASD, and £60 for professionals, reduced by £5 for those booking before 31 May. Full details and booking forms are available at <http://www.mugsy.org/2015conference>

New rights for adults with autism to get care and support in England

The Care Act 2014 came in to force on 1 April, introducing sweeping changes to adult social care in England. The NAS Careless campaign helped ensure that the new legislation better reflected the day-to-day needs of adults with autism. Find out more at <http://www.autism.org.uk/news-and-events/news-from-the-nas/care-act-2014.aspx>

What should the NAS campaign about?

Did it take you years to get a diagnosis? Has it been hard to find the right school for your child? Have services been cut where you live? With important elections looming across the UK, please take this NAS survey so they can make sure your biggest concerns are their top campaigning priorities. Complete the survey before 14 April at <https://www.surveymonkey.com/s/NASpriorities2015>

Member to run London Marathon – your support needed

One of our branch members, Jason Hurndall, is running the 2015 Virgin Money London Marathon on **26 April 2015** for the National Autistic Society. He would be delighted if any of you might be willing to donate some money. Any donation you can give would be fantastic; even the smallest amount all adds up. All the details can be found at <http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserProfilePage.action?userUrl=JasonHurndall>

Important News from the HCC Childcare and Family Information Team

The Childcare and Family Information Team has ceased operating from 1 April. Parents and Carers who are looking for childcare, early years education and family support services should seek information and help from the Services for Young Children website at <http://www3.hants.gov.uk/familyinformationdirectory>, or call the Family Information Service helpline on 0300 555 1384.

Win £100 Amazon Voucher

If you are 16-25 you could help find a name for the Hampshire Young People's Local Offer Website!

A new website is being designed especially for young people 16-25 with special educational needs and/or disabilities in Hampshire. It will include all the information young people have said that they want to see: about finding a job, benefits, staying healthy, relationships, going on holiday and more... It will be designed with the help of young people and will include videos and information from young people too.

But... the new website needs a name... and Parent Voice need your ideas! They are launching a competition for young people 16-25 years old with special educational needs and/or a disability in Hampshire to help them name the Young People's Local Offer website. The winner will receive a £100 Amazon voucher. If you have any ideas for a logo design please include those too (you don't have to though!). A panel will choose up to 5 suggestions and then there will be a public vote on their Facebook page (www.facebook.com/youngpeopleslocaloffer) to make sure young people can help decide which one wins.

For competition details, visit www.parentvoice.info/images/7/7b/YPLOcompetition.pdf. Closing date **20 April 2015**, 5pm.

Are you applying for an Education, Health and Care (EHC) plan or is your child or young person's statement being transferred to one?

If you have received a letter about transferring your child or young person's statement or learning difficulties assessment, or confirming that an EHC assessment will be done, you can contact Parent Voice to discuss the support you might need through the process.

Independent Supporters are funded by the Department for Education. They will help you to better understand the assessment process, understand the law relating to the assessment, and help you to agree outcomes to be achieved for your child. They will also help you to understand other areas of the reforms such as The Local Offer and Personal Budgets. They will provide information and support that enables you to make decisions that are right for your child or young person. They will not tell you what to do or do it for you.

They can also support Young People directly, putting them at the heart of decisions that are made. For more information visit www.hantslocaloffer.info/en/Independent_Support_Hampshire, call 0300 303 8604 or email independentsupport@roseroad.org.uk

You may also be interested to know that the speaker at our Support Group meeting on **Monday 18 May** will be **Liesel Batterham**, Education Rights Coordinator (England and Wales) of The National Autistic Society. Liesel will be travelling down from NAS head office in London to give a talk on the new SEN processes.

Recent Radio 4 Programmes with Autism theme

There have recently been two broadcasts on Radio 4's 'One to One' on an Autism theme, with John Harris talking to Prof Simon Baron-Cohen (www.bbc.co.uk/programmes/b052j0tr) and John Harris talking to Penny Andrews (www.bbc.co.uk/programmes/b0537492).

Disney's The Lion King – Autism friendly performance

Following sold-out performances in 2013 and 2014, this summer Disney's award-winning musical will present its third dedicated Autism-Friendly Performance, the only West End Show to hold annual performances of this kind, at the Lyceum Theatre, 21 Wellington Street, London WC2E 7RQ. The performance will be held on **Sunday 30 August** at 1.30pm. Priority booking now open. Ticket prices for this very special performance are £40, £36 and £26. To book, go to the website or call 0844 871 7615, Access 0844 871 7677 or Groups 0844 871 7644, Web: www.atgtickets.com/venues/london

Digital Bubbles for Autism Seminar Series

'Innovative technologies for autism – critical reflections on digital bubbles' is a seminar series funded by the UK's Economic and Social Research Council (ESRC). Sarah Parsons (University of Southampton), Nicola Yuill and Judith Good (University of Sussex), and Mark Brosnan (University of Bath) will be organising these over the next two years, featuring national and international speakers from a range of disciplines. The series focuses on why and how technologies are being developed, applied and evaluated for people with autism, exploring different 'bubbles' that exist within the field; for example, methods, disciplines, stage of life, and the use of different technologies. The next seminar is planned for the University of Southampton in **November 2015**. Attendance is free, first come first served, so it is advisable to register your interest in attending as early as possible to avoid disappointment. More details on the whole series and registration can be found on their website at <http://digitalbubbles.org.uk>

Reminders:

Hampshire Autism Voice Network

Hampshire Autism Voice (HAV) is the parents, carers and people with autism group established within the Hampshire Autism Partnership Board (HAPB).

HAV are looking for people with autism, their families, support workers, and organisations that work with them, to participate in occasional surveys in order to gain their views on various aspects of how Autism is supported. This will be fed back anonymously to the HAPB.

Please reply to admin@hampshireautismvoice.org.uk indicating which group from above you represent.

For more information visit www.hampshireautismvoice.org.uk



Toad on the Road

Head2Head Multi-Sensory Theatre for All present Mischief in the Wild Woods Easter 2015 production 'Toad On The Road' (based on The Wind in the Willows by Kenneth Grahame) at Treloar's, Nr. Alton on **Monday 13 and Tuesday 14 April** at 10.45am or 1.30pm. Booking via 01372 278021 or h2hoffice@gmail.com. For more information visit <http://www.head2headtheatre.co.uk/family-holiday-activities>

Hampshire Local Autism Directory

The Local Autism Directory (LAD) is funded by Southampton, Hampshire, Isle of Wight and Portsmouth (SHIP), 8 CCGs and Adult Services, Hampshire County Council. Information within it covers children and adults. **Visit the LAD** at <http://www.autismhampshire.org.uk/local-autism-directory/directory/>

New Forest Spectrum 3-day Music Festival

New Forest Spectrum is the first National music festival for those with learning disabilities and will be held in the Foxlease Estate in Lyndhurst. The festival begins at lunchtime on **Friday 10 July** and will continue through to the evening of **Sunday 12 July**. You can take a tent and camp at the site and there will be plenty of toilets and showers for you to use. A limited amount of self-catering accommodation is available. For more details, visit <http://newforestpectrum.org/>

Our Resource library



Our library is available to members at our support group meetings and a small selection is available at our family youth club. Members can join the library for a one-off donation of £5. We have just purchased over 40 new books which will be added to the library in the next few weeks, bringing the total number of books, videos, DVDs and games to around 350 items. Up to 3 items may be borrowed for a maximum loan of 2 months. We do ask that items are returned promptly to enable others to borrow them.

Currently we have a number of items that, despite constant reminders, are very overdue, so ask that these be returned immediately please. Thank you.

Calling all coffee drinkers!

Do you, your friends or colleagues use Tassimo coffee machines? If so, you can help us raise funds.

Tassimo wants to save TDISCs and outer flow wrap packaging from going to landfill. For the total weight of the TDISCs and outer foil packaging we collect, we get TerraCycle points which are converted into cash for us. To date we have raised around £400.

Please bring along your TDISCs and outer flow wrap packaging (they do not have to be cleaned) to any of our meetings/activities. Even better, get all your friends involved too.

Also, if you have a link with a local supermarket or place where a collection bin could be situated, please let us know.



Help us boost our fundraising

This is a great way to raise money for us for free, simply by shopping online through a website called easyfundraising.

Whenever you buy anything online (e.g. presents, groceries, clothes, books, train tickets, hotel rooms, etc.) you can raise a free donation for our Branch. There are over 2,700 retailers registered with the site, including Amazon, John Lewis, eBay and Tesco who will donate a percentage of what you spend to us to say thank you for shopping with them.

1. Sign up – go to www.easyfundraising.org.uk/causes/shantsnas and click on the button to sign up.
2. Shop – from the easyfundraising website, search for the retailer you'd like to shop with and click through to the retailer to make your purchase. This tells the retailer you came from easyfundraising. The price is exactly the same as if you'd visited the retailer directly.
3. Get a donation – after you've made your purchase, the retailer will give you a cash reward that easyfundraising turn into a donation for our Branch. Please be assured that using the easyfundraising website will not cost you a penny. There are no catches or hidden charges and we benefit from any donations you make once registered.

Thank you for your support.

What do you buy online?

Whatever you buy online, you can raise free donations for us by simply buying through **easyfundraising.org.uk**

www.easyfundraising.org.uk/causes/shantsnas

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As always, for full details of all our meetings, other dates, news items and information, please visit our [website](http://www.shantsnas.org.uk).

Regards

David & Rachel Carter

The National Autistic Society, South Hampshire Branch
Email: shants@nas.org.uk | Website: www.shantsnas.org.uk
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You will have received this news update because we have your contact details on our list. Should you no longer wish to receive information, please let us know and we will remove you from the list. Thank you.