

# Newsletter

Dear Friends

*This is our first newsletter of 2019 – a belated Happy New Year! Apologies for the delay getting this out – it has already been a busy few weeks! We have details of our activities in the coming months, which include some very special events, plus other information that may be of interest, including an important survey about the way in which autism has been supported since the Autism Act was passed 10 years ago. There is also a free ticket offer for the ballet – but be quick!*

*We hope many of you will be able to join us for our Autism Seminar with Sarah Hendrickx on Saturday 2 March – tickets are already going fast, so don't miss out! We also have Sarah-Jane Critchley speaking on two very topical issues at our AGM on 29 April – booking for this will be open in a couple of weeks. At a recent branch committee meeting, we also discussed other events during the year, including another of our popular open evenings at Winchester Science Centre, another Quiz Night, other social activities and training opportunities.*

*As you will know, our branch is run entirely by volunteers and it is only because of the great team we have that we are able to achieve anything. We are currently looking for some help at our Family Youth Club and LEGO Club. This is just a small commitment – details below.*

*As always, if you have any ideas for activities or events you would like us to consider, please let us know.*

## Autism Seminar with Sarah Hendrickx

To date, over 70 people have booked for each of these talks but further tickets are still available for our special seminar on **Saturday 2 March** at Chandlers Ford Methodist Church, Winchester Road, SO53 2GJ.

We are delighted to welcome Sarah to present two sessions:

**10.30am to 12.30pm: Women and Girls and Autism: What's the Difference**

**1.15pm to 3.00pm: Social and Personal Relationships on the Autism Spectrum**

Sarah has been a keynote autism speaker at national autism conferences in the UK and overseas and specialises in speaking on all aspects of autism and Asperger syndrome including relationships, women, gender differences (sometimes with her autistic partner, Keith), employment and alcohol. She has an unusually blunt and humorous speaking style which is more informal and 'says it like it is' more than many professionals. She has written six books on the subject of autism.

Tickets: £5.00\* for one session – £10.00\* for both sessions. For further details of each session and to book online for either or both sessions visit: \*suggested minimum donation

[www.shantsnas.org.uk/seminar](http://www.shantsnas.org.uk/seminar)

Complimentary tea, coffee and soft drinks will be available between 12.30pm and 1.15pm in the adjoining Dovetail Centre and we are very pleased to announce that Chandlers Ford Methodist Church have kindly agreed to extend their morning café opening times so that light refreshments can be purchased.

In addition to our own NAS Branch information stand, we welcome information stands from Autism Hampshire, Hampshire SENDIASS (formerly Support4 SEND), Alex Kelly and 'The Girl with the Curly Hair Project'.

## Family Youth Club

It has been great to see an increase in the number of families taking part in our Family Youth Club over the past few months – everyone is most welcome. Our next club takes place on **Saturday 16 February** at Chandler's Ford Methodist Church from 3.30pm to 5.30pm. Children accompanied by their families are welcome.

We have three rooms available and 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. One of the rooms is a quiet room where the children can play board games, LEGO or just read. We also offer a structured craft activity which children can join in with if they wish.

**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.**

£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, can be found at [www.shantsnas.org.uk/Home/Family%20Youth%20Club](http://www.shantsnas.org.uk/Home/Family%20Youth%20Club)

## LEGO Club



Unfortunately we have had to **cancel February's LEGO club** due to unforeseen circumstances so our next club will be on **Saturday 16 March** at Chandler's Ford Methodist Church.

This is for children with autism from ages 8 to 13. To express interest in your child joining the waiting list, complete the form at [www.shantsnas.org.uk/home/lego](http://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.

## Support Group Meeting

Our next meeting is on **Monday 18 February** at Bishopstoke Evangelical Church at 7.30pm.

At this meeting we will present '**An Introduction to Autism**' which will give a broad overview of autism, what it is, dispel some of the myths and give examples of the way it can affect people. This will be helpful to anyone first encountering autism as well as giving those who have experience of the condition an understanding of the reason why everyone on the spectrum is different. This presentation has been delivered by our branch to many local organisations, businesses, schools, GP practices, etc, but, we have just realised, not to our own branch meeting!

There will be plenty of time at our meeting to have a chat and to browse our Resource Library, comprising around 400 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.**

## Partners' Group

The next meeting is on **Thursday 28 February** at Chandler's Ford Methodist Church, Winchester Road, SO53 2GJ, from 7.30 to 9.30pm. The group has been growing in numbers since it started last year and we welcome anyone who has a partner with autism. It runs monthly on the fourth Thursday evening of each month. Full details at [www.shantsnas.org.uk/Home/Partners](http://www.shantsnas.org.uk/Home/Partners)

## Our Southampton Social Groups

Both groups continue to meet as usual on alternate Tuesday evenings (term time) at St Patrick's Church, Portsmouth Road, Woolston, Southampton, SO19 9BD. For more details, email [nassouthampton@gmail.com](mailto:nassouthampton@gmail.com) or contact Sue (023 8043 2612) or Tracey (07532 282301) or visit [www.shantsnas.org.uk/soton](http://www.shantsnas.org.uk/soton).

One of the Adult group members has again arranged his holiday to walk around Scotland, 211 miles this time, beginning on Good Friday, for two weeks, and invites members and friends to sponsor him, to raise funds for the groups. The adult group will be meeting for Karaoke at The Robin Hood, Middle Road, Sholing, SO19 8TQ, at 7:30 p.m. on Tuesday 19 February (half-term). The Children's group continue with a packed programme which they are all enjoying.

A 'Dad's group' now meet at regular intervals for a chat and a drink at a local pub (in both Southampton and Eastleigh). If any other dads are interested, please get in touch.

## Can you spare a small amount of time to help?

For **LEGO Club**, we are looking for 2 people who can help, for about an hour, on the 3<sup>rd</sup> Saturday afternoon of most months, to assist our two volunteer Speech and Language Therapists who run this activity for us.

For our **Family Youth Club**, we operate a rota of volunteers who assist with this monthly club. We are looking for a couple of volunteers who could spare the 3<sup>rd</sup> Saturday afternoon every couple of months from 3.00 until 5.30pm to help with manning the door, serving refreshments, organising craft activities, keeping an eye on proceedings and/or setting up/packing away equipment.

Your help would be much appreciated and enable us to continue these popular activities. If you are interested, please do get in touch. Thank you.

## Top speakers booked for our AGM and future Autism Support group meetings

**Monday 29 April** will be our Annual General Meeting and, again, have a top speaker booked to attend:

**Sarah-Jane Critchley** is a keynote speaker, author and parent who spent 10 years building the Autism Education Trust to share good practice with schools across England. Sarah-Jane will be covering two topics:

- **School exclusions**
- **Mental health (both children and adults)**

She is Author of *A Different Joy: The Parents' Guide to Living Better with Autism, Dyslexia, ADHD and More...* and *The Different Joy Planner*. She has spoken at events for TES (formerly the Times Educational Supplement), National Association of Head Teachers on National and International stages, for Local Authorities and for parent's groups.

The event takes place at Chandlers Ford Methodist Church from 7.00 to 9.30pm. Full details and booking details will be available soon – meanwhile reserve the date now!

On **Monday 20 May**, we are delighted to announce a return visit of **Alex Kelly** as our guest at that month's autism support group meeting at Bishopstoke Evangelical Church at 7.30pm:

Alex was a very popular speaker when she last visited us in 2017 and many members asked us to invite her again. She will be giving a talk about **Developing Social Skills and Making Friends**. This talk applies to both autistic children and adults.

Alex is Managing Director of Alex Kelly Ltd and has nearly 30 years of experience as a speech therapist. In 2011 she recognised the need for a day service for adults that had a communication and social skills focus, so along with her husband, Brian Sains, she opened Speaking Space – a day service for adults with autism and/or learning disabilities. Alex is a renowned international speaker and offers training in communication and social skills. She spent much of her time working in Wales with Afasic Cymru and also running communication courses for Hampshire County Council.

We are also in discussion with other guest speakers, including an Education advisor and Occupational Therapist, so watch this space!

## The Autism Act – 10 years on

Ten years ago, with your support, the National Autistic Society worked with Cheryl Gillan MP and other autism charities and campaigners to successfully pass the Autism Act in England, the first disability-specific legislation in the UK. This year, the NAS will be celebrating this important milestone, helping people understand how the Act works. But they will also be finding out more from you and working with the All Party Parliamentary Group on Autism (APPGA) to identify the gaps and what we need to do to strengthen the Act.

[Please take part in the survey](#), which is now open, and give your views. We want as many autistic people and families to engage in this survey to help us tell Government what needs to change.

## World Autism Awareness week 1–7 April

World Autism Awareness Day is 2 April. But we know a day is not enough to build global understanding about autism. The National Autistic Society has created a week around this important day to get as many people involved and raise money so that the National Autistic Society can continue to build a society that works for autistic people, 365 days a year. We need your help to make this year's World Autism Awareness Week bigger than ever before.

Everyone at the National Autistic Society has a vital role to play. With your help we can reach more people across the UK so that they learn more about autism and join our movement to create a society that works.

Ask a local business to get involved, for example, by hosting a Brunch for Autism. Ask your local school to register for their free school pack online which includes fundraising tips, useful lesson resources and a chance to win a visit from Anne Hegerty.

Sign up to receive fundraising tips, information and updates for World Autism Awareness Week 2019 at [www.autism.org.uk/get-involved/world-autism-awareness-week.aspx](http://www.autism.org.uk/get-involved/world-autism-awareness-week.aspx).

## Free tickets for Swan Lake

The Mayflower Theatre has offered Autism Hampshire free tickets on **Wednesday 20 February** at 7:30pm to see Matthew Bourne's production of Swan Lake. Information about the plot, along with photographs of the production can be found here <https://new-adventures.net/behind-the-scenes/swan-lake/the-show>.

*Please note that this is not a relaxed performance so normal theatre etiquette will apply.*

These free tickets are for children, young people or adults who are on the autism spectrum. If you would like to attend with friends, family or a carer, that is fine – **max 4 free tickets per person**. To reserve tickets just email [kathryn.cornish@autismhampshire.org.uk](mailto:kathryn.cornish@autismhampshire.org.uk) with how many tickets you would like. Tickets will then be reserved for you ready to collect at the theatre. These can be collected at the performance or before from the Mayflower Box Office.

## Relaxed performances

Unfortunately, Southampton Mayflower Theatre's relaxed performance of *Doctor Dolittle*, planned in August, will no longer take place due to the tour being cancelled. The date for the relaxed performance of 2019/20 pantomime (Peter Pan) is not yet booking and is still to be formally announced, but it is likely to be Friday 3 January at 1.00pm.

## Serendipity Social groups

Autism Hampshire Serendipity Social groups are for adults who are on the autism spectrum. The groups were started in response to requests for more social opportunities and the chance to meet other people who are on the autism spectrum. They are free to attend and provide a safe, friendly environment to share interests and meet new people.

Autism Hampshire provides support and co-ordination for the groups, through our group coordinator. The groups are mostly facilitated by one or two volunteers, some of whom started as group members themselves. The ethos of the groups is that they are user-led and many group members chose to take an active role in organising or supporting their group in some way.

What the groups do is determined by the interests of its members, for example some enjoy board games, cards, chess or scrabble, many enjoy quizzes, some invite guest speakers while others prefer just to chat or nominate topics for discussion/debate. The groups often organize other activities such as bowling, meals out or cinema trips.

For further information visit [www.autismhampshire.org.uk/service-development/serendipity-groups](http://www.autismhampshire.org.uk/service-development/serendipity-groups)

## Scottish and Southern Electric

We had the pleasure to give an autism awareness talk to regional staff at Scottish & Southern Electricity Networks last month. They provide a free Priority Service Register (PSR) to register vulnerable people on their system. In turn, this allows them to highlight PSR customers when there is a fault, or if there are planned power outages. This alerts them so they are able to visit and check if any requirements are needed. There is also a free phone number that registered PSR customers can call for a quick response to any worries about their power. For further information and to register, visit <https://www.ssen.co.uk/PriorityServices>

## Counselling and support service for young people

Branch member and Autism Ambassador, Donna Love, Youth Team Manager at The Community Hub Centre Children for Young People in Hedge End is setting up a project, 'Unicorn Counselling and Support Service', to develop a weekly counselling and support service for young people with Autism and additional needs. It has gone through to the in-store voting stage in the Tesco Bags of Help Scheme. Customers can vote in-store until 31 March with their blue shopping tokens. The stores taking part are Hedge End Tesco Express and the large Tesco, Bursledon.

## NHS England unveils Long Term Plan

NHS England unveiled its Long Term Plan in January. We're thrilled that it includes autism alongside learning disability as a clinical priority and commitments to tackle inequality and improve health and care services for autistic people across the country. The full plan is on the NHS England website at [www.longtermplan.nhs.uk/publication/nhs-long-term-plan](http://www.longtermplan.nhs.uk/publication/nhs-long-term-plan).

Over the summer, the National Autistic Society and other organisations and campaigners encouraged autistic people and families to share their thoughts and experiences so the NHS knew the Plan needed to address excessive waiting times for diagnosis, poor support for mental health and insufficient understanding of what it means to be autistic.

The Plan sets out the NHS' intention to tackle the autism diagnosis crisis, pilot annual health checks for autistic people and improve training for NHS staff. It also recommits to reducing the number of autistic people getting stuck in inpatient mental health hospitals.

The proposals are a promising start, but The NAS want to see much more detail about the specific actions NHS England will take in the coming months. They will continue to push to ensure these pledges and promises are delivered.

Read more about the Long Term Plan at [www.autism.org.uk/get-involved/media-centre/news/2019-01-07-nhs-long-term-plan.aspx](http://www.autism.org.uk/get-involved/media-centre/news/2019-01-07-nhs-long-term-plan.aspx)

## Review of the Specialist Teacher Advisory Service

Hampshire County Council is undertaking a review of the Specialist Teacher Advisory Service (STAs). It is seeking views on proposals for changes to the Service and is keen for parents, carers, children and young people to help shape its future activities.

[Click here for this survey](#) which is open until 9 March.

## Autism Learning Days and workshops

The Curly Hair Project (CHP) is an award-winning social enterprise founded by autistic author and entrepreneur Alis Rowe. The project is running Autism Learning Days locally in Lyndhurst on **Thursday 21 February** from 9.15am to 3.30pm and in Eastleigh on **Wednesday 17 April** from 9.30am to 4.00pm. They also have a series of autism workshops in Lyndhurst from March through to June, covering Education, Communication, Sensory Processing and Executive Functioning. For full details visit <https://thegirlwiththecurlyhair.co.uk/training/events/>

## Internship programme at Hampshire Hospitals NHS Foundation Trust

Project Choice is a supported internship programme for people aged 16-24 with learning disabilities, difficulties and/or autism at Hampshire Hospitals NHS Foundation Trust. They are looking to recruit a cohort of interns in Hampshire due to start September 2019. They will be holding information sessions to highlight the project aims and objectives, which will include a Q&A session. These are on **Monday 25 February** (session 1 4.00pm-5.00pm; session 2 5.00pm-6.00pm) and **Monday 4 March** (session 1 4.00pm-5.00pm; session 2 5.00pm-6.00pm) at Basingstoke College of Technology, Worting Rd, Basingstoke RG21 8TN. To book places contact 01962 825710 or email [Project.Choice@hhft.nhs.uk](mailto:Project.Choice@hhft.nhs.uk).

## Autistic adolescents and social media

A study by University College London explores how autistic adolescents use social media, in particular the benefits and risks of using it. They have also created a social media guide for autistic adolescents and their parents. For further information visit <https://network.autism.org.uk/content/study-looks-how-autistic-adolescents-use-social-media>

## Reminders:

### Family Information and Services Hub

For local activities visit the Leisure and Play–Hampshire Gateway section on the Family Information and Services Hub – <https://fish.hants.gov.uk/kb5/hampshire/directory/results.page?familychannel=3&searchtype=event>

### Shine – a support group for Under 5s and their families

A parent and toddler group aimed at children with additional needs, and their siblings. It features sensory play, music, sensory stories, accessible arts and crafts, refreshments for all (including home-made cakes) and support for parents/carers. Friday mornings, 10.00 to 11.30am, at St Andrews Methodist Church, Blenheim Road, Eastleigh, SO50 5SD. Details from [shinefamilies@gmail.com](mailto:shinefamilies@gmail.com) or visit [www.facebook.com/shineeastleigh](http://www.facebook.com/shineeastleigh).

### Parent Forum – Alex Kelly Ltd

Speech therapist Alex Kelly continues to run Parent Forums at Speaking Space, Fleming House, Alma Road, Romsey, SO51 5EP, from 7.00 to 9.00pm. Entry is a £5.00 contribution at the door towards costs and cake! Visit [www.speakingspace.co.uk/parent-forums-2019](http://www.speakingspace.co.uk/parent-forums-2019), email [office@speakingsspace.co.uk](mailto:office@speakingsspace.co.uk) or phone 023 8098 7134.

### Friends of In Touch

*Friends of In Touch*, a small registered charity funded by the *BIG Lottery* based in Fair Oak, supports autistic children and young people. It runs two weekly youth clubs during term time and in school holidays. Activities include cooking, arts and crafts, bushcraft, games, construction toys for the Junior group (9 to 13) and cookery, pamper evenings, film nights, quizzes, bowling, book club, sports, meals out and BBQs for the Senior group (13 to 18). For further details contact [info@friendsofintouch.org.uk](mailto:info@friendsofintouch.org.uk). Groups meet at Y-Zone Youth Centre, Fair Oak on Tuesdays during term time (Juniors 4.30 to 6.00pm and Seniors 6.30 to 8.30pm). Holiday groups are also planned. For full details visit [www.friendsofintouch.org.uk](http://www.friendsofintouch.org.uk)

### ActiveAbility Solent

Visit <https://www.activecommunity.org.uk/activeability> to see their timetable which includes updates and new sessions. A range of accessible and fun activities run seven days a week, including martial arts, athletics, boccia, ten-pin bowling and many others. Mainly in Southampton but also include Totton, Eastleigh, Chandler's Ford and Warsash. On average, sessions are £3 each so just turn up, and their experienced and qualified coaches will take it from there. Also make bespoke bookings where they can supply equipment, coaches and facilities. Contact Tom Grave, Activities Coordinator on 02380 784131 or email [tom.graves@activenation.org.uk](mailto:tom.graves@activenation.org.uk)

### 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 <https://www.autismhampshire.org.uk/local-autism-directory/>

### First Steps to Autism Information – local guides

Autism Hampshire's set of useful local guides for Southampton, Hampshire, Isle of Wight and Portsmouth, for people when they first want to know more about autism and the local support services available. Available from <https://www.autismhampshire.org.uk/local-autism-directory/first-steps-guides>

### Sensory Sundays at the Swan Centre, Eastleigh and The Marlands, Southampton

Both shopping centres run *Sensory Sundays* on the **last Sunday of each month**. Shops lower their lighting levels and reduce the volume of music and announcements. Both centres have visual guides which support you with planning a visit, information about amenities and what to do in an emergency. They also have alert cards that can be used. Download from [www.swanshopping.com/Content.aspx?ContentName=Accessibility](http://www.swanshopping.com/Content.aspx?ContentName=Accessibility) or [www.marlandsshoppingcentre.co.uk/Accessibility](http://www.marlandsshoppingcentre.co.uk/Accessibility). In Eastleigh, on the same dates, alongside the activity in the retail part of the Swan Centre, Partyman World of Play hold SEN sessions (see below) and Vue Cinema ([www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/autism-friendly-screenings-vue](http://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/autism-friendly-screenings-vue)) hold special SEN sessions and autism friendly screenings.

### Partyman World of Play SEN sessions

Partyman World of Play, Unit L10, Swan Leisure Centre, Eastleigh, SO50 5SF, is a children's soft play centre. It has a café, slides, ball cannon areas, climbers, rockers, and a designated toddler and baby area. They offer complimentary morning and evening sessions dedicated to children and young adults with special needs where they close the entire venue just for you. Morning sessions are held from 9.00 to 10.00am on the **3<sup>rd</sup> Sunday of every month**. Evening sessions are from 6.00 to 8.00pm on the **1<sup>st</sup> Wednesday of every month**. For more information or to book, call 02380 018336 or email [eastleigh@partymanworld.co.uk](mailto:eastleigh@partymanworld.co.uk). There is also a monthly parent support group on a Wednesday evening – for more details email: [donna.love@hedgeend-tc.gov.uk](mailto:donna.love@hedgeend-tc.gov.uk).

### SEN sessions at Monkey Bizness, Southampton

Monkey Bizness, a soft play centre with huge play frames, games, machines, slides and more, special areas for toddlers, free WiFi, comfy seating and a bright airy cafe serving freshly prepared food, at 234 Empress Road, Southampton, SO14 0JY, is running SEN sessions on the **last Thursday of every month** from 5.30 to 7.00pm at just £3 per child. For further details call 023 8055 0580.

### Dimensions autism-friendly cinema screenings

Dimensions work with ODEON, Cineworld, Vue and Showcase to host Autism Friendly Screenings at over 250 cinemas nationwide. For a limited time at nine selected cinemas, including Southampton, ODEON are showing autism friendly screenings for older audiences. See what screenings are coming to a cinema near you at [www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings](http://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings).

## Flipout sessions

Flipout, the biggest trampoline arena in Hampshire, at Unit 1a Chandlers Park, School Lane, Eastleigh, SO53 4DG, is running Rebound Therapy sessions on **Wednesdays** and **Fridays** between 9.00 and 11.00am or 3.00 and 5.00pm for these hourly group sessions. Prices: Ages 1 to 5: £4.50, Age 6+: £7.50 dependant on disability. Between 12.00 and 3.00pm they run half an hour one to one sessions at £18 per 30 mins. They also run SEN sessions **every Monday** at 16:00pm – £7.50 for a jumper and up to two carers. For further information, phone 023 8214 7811, email [southampton@flipout.co.uk](mailto:southampton@flipout.co.uk) or visit <https://www.flipout.co.uk/locations/southampton/>

## Clarks Quiet Hour Appointments

Available in the Southampton Above Bar store on **Sundays**, 9:30am – 10:30am to offer consumers a quiet and relaxed environment for fitting appointments. You are encouraged to bring toys, sensory aids, tablets and other appropriate items to ease the experience. To ensure that your appointment goes as smoothly as possible, it is best to make an appointment in advance by calling the Southampton store on 023 8022 4515.

## My World, National Autistic Society

The NAS offers a FREE autism classroom resource pack and fortnightly resource emails for teachers who sign up to *My World*. Please pass this information on to all teachers you know. For a video with more information, please visit [www.youtube.com/watch?v=Fv66Q-MUxqc](http://www.youtube.com/watch?v=Fv66Q-MUxqc) and sign up at [www.autism.org.uk/myworld](http://www.autism.org.uk/myworld)

## Rose Road Association Stay & Play Family Coffee Morning

Every **Saturday**, 9.30–11.30am, at The Bradbury Centre, 300 Aldermoor Road, Southampton, SO16 5NA. Music, arts & crafts, sensory, soft play and lots more activities for children and young people with disabilities and additional needs aged 3-16 years. Siblings also welcome. This is a free session for all families! Donations for refreshments. Details on 02380 721234 or 07823 353887 or email [claireheadington@roseroad.org.uk](mailto:claireheadington@roseroad.org.uk).

## 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 and Partner Group.

Members can join the library for a one-off donation of £5. We now have around 400 books, videos, DVDs and games. 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.



## Help us boost our fundraising

A great way to raise money for us for free – shop online through *easyfundraising*. **This year alone has seen over £300 raised for our funds.**

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

1. Sign up at [www.easyfundraising.org.uk/causes/shantsnas](http://www.easyfundraising.org.uk/causes/shantsnas).
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.

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As always, for full details of all our meetings, other dates, news items and information, visit our [website](#) and/or [Facebook page](#).

Regards

**David & Rachel Carter**

The National Autistic Society, South Hampshire Branch

Email: [shants@nas.org.uk](mailto:shants@nas.org.uk) | Facebook: [www.facebook.com/nassouthhampshirebranch](http://www.facebook.com/nassouthhampshirebranch) | Website: [www.shantsnas.org.uk](http://www.shantsnas.org.uk)

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