

*Dear Friends*

Welcome to our first newsletter of 2018 – a very Happy New Year to you all. Apologies for the delay in getting this out but we were both hit by the dreaded flu bug! As always, we have details of our activities over the next month or so, plus other information that may be of interest. We particularly look forward to seeing some of you at our new support group meeting for partners on Monday and at our next Family Youth Club where we hope numbers attending will start improving (otherwise this activity is in danger of closing). We also have information of a number of very important consultations that you may be keen to participate in – especially at a time when local authority funding for people with disabilities is under great pressure.

### New Partners Group meeting on Monday

As previously announced, a number of you have expressed an interest in starting up a support group specifically for partners of people with autism (whether the partner is diagnosed or not). An initial meeting will take place **next Monday, 29 January** from 7.30 to 9.00pm at Bishopstoke Evangelical Church, Stoke Park Rd, Eastleigh SO50 6DA. The meeting will be for the partner of the person with autism only (not the person with autism themselves). At the meeting, we will plan how we can take this group forward and when regular meetings can be held.

### Family Youth Club

We will be closely monitoring attendance at our Family Youth Club over the next few months as numbers are still very low and we may have to consider closing this group if this does not improve. We cannot justify 6 or 7 volunteer helpers giving up their time to run this if only one or two families turn up. It is a case of 'use it or lose it'! Once gone, it is very unlikely we could restart this at a later date.

Our next Youth Club takes place on **Saturday, 3 February** at Chandlers Ford Methodist Church from 3.30pm to 5.30pm. Children accompanied by their families are welcome – siblings included.

Our usual facilities will be available. We have activities such as table tennis, air hockey, a craft table in the main room; books, board games, LEGO and other toys in the quiet room plus an opportunity to play in the large hall with a ball, bowling, etc.

There will also be an optional structured craft activity – **painting and decorating a china money box** – and refreshments are available.

A limited selection of items from our resource library will also be available to members.

*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



Our Lego club restarts on **Saturday, 3 February** at Chandlers Ford Methodist Church from 2.00pm.

This is for children with autism from ages 8 to 13. The club is currently full but for more information and 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 19 February** at Bishopstoke Evangelical Church at 7.30pm.

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.**

### Our Southampton social groups

Both our Children's and Adults' social groups are up and running again, meeting during term time on alternate Tuesday evenings at St Patrick's Church, Portsmouth Road, Woolston, Southampton, SO19 9BD. Dates can be found on our website. For more details, email [nassouthampton@gmail.com](mailto:nassouthampton@gmail.com) or contact Sue (023 8043 2612) or Tracey (07532 282301).

### Branch Facebook page

Don't forget to regularly visit our Facebook page where we post information and news (in addition to our newsletters and emails). Visit <https://www.facebook.com/nassouthhampshirebranch> and 'Like' and/or 'Follow' us.



Until everyone understands



## Held Back campaign



Autistic children in England are being let down and held back by the education system. Parents have to fight for the support their child is entitled to. Following a report on autism and education by the All Party Parliamentary Group on Autism, The NAS, together with Ambitious About Autism, launch #HeldBack.

Sign their open letter to the Secretary of State for Education to make sure no child is held back because they're autistic.

Visit <http://www.autism.org.uk/get-involved/held-back.aspx>

## Tassimo Disc recycling ended

Sadly, in December, we announced that we are no longer able to collect and raise funds by recycling Tassimo discs. Terracycle, the company operating this scheme, are changing the way they collect discs and we are no longer able to send them in. They are introducing Hubs for collection but, unfortunately, at the moment there does not appear to be a local hub that our supporters can easily access - therefore we fear many discs will now end up in landfill!

We would particularly like to thank committee member, Gillian, for the very hard work she has put into collecting and sending off discs over the past four years (she has just been recognised as the 18th top collector in the UK – which makes Teracycle's decision even stranger!). During that time, this initiative has raised a magnificent £2556.50 for our funds. Many thanks to those of you who have regularly collected discs for us.

Don't forget you can still help raise funds for us at no cost to yourself, by shopping online at many major retailers through [easyfundraising](#). Go to [www.easyfundraising.org.uk/causes/shantsnas](http://www.easyfundraising.org.uk/causes/shantsnas) and click on the button to sign up – please be assured that using the [easyfundraising](#) website will not cost you a penny (see below).

## Donation to branch

Many thanks to local charity Cameo, based in Romsey, for a most generous donation of £1400 to our funds as a result of their fund-raising initiatives over the past few months. We very much appreciate their support.

## New evening Autism Support Group in Totton

We are pleased to be lending our support to a new evening autism support group which was launched earlier this month in Totton by Youth and Families Matter (the community project of Testwood Baptist Church). This new evening support group will run alongside their daytime group. Hosted by two of our branch members, Jenni and Julie, who are also Hampshire Autism Ambassadors, it aims to provide an opportunity for parents to meet up, have a chat, support each other as well as finding out information. The next meeting will take place on **Monday 12 February** from 7.30 to 9.00pm at Testwood Baptist Church, 283A Salisbury Rd, Totton, Southampton SO40 3LZ and then every second Monday of every month (**12 March; 9 April; 14 May**).

## SEND Information days

This year, both Hampshire and Southampton are holding SEND Information Days in March and we will be present, with our stand, at both events.

The Southampton **free** Information Day takes place on **Saturday 10 March** at Oasis Academy, Romsey Road, Lordshill, Southampton, SO16 8FA from 10.00am to 3.00pm. The day includes lots of local services attending, Parent/Carer workshops based around subjects that matter to you and your families, children's entertainment provided and refreshments will be available. For more information contact [clairepritchard@roseroad.org.uk](mailto:clairepritchard@roseroad.org.uk).

Hampshire SEND Information Day will take place at Noadswood School, North Road, Dibden Purlieu, Southampton SO45 4ZF on **Saturday 24 March** from 10.00am to 3.00pm. Entry is **free** and it is always a very popular annual event. You can drop in and browse displays on a variety of topics related to special needs, as well as signing up on the day to **free** bookable workshops and talks – further details will be available soon on the Support4SEND, Parent Voice and Hampshire Parent Carer Network websites and Facebook pages. There will be free parking on site, and if you need to bring children they hope to have face painting and craft activities with Caterpillar Crafts. There will also be food and refreshments available to purchase. To find out more contact Support4Send on 01962 845870 or email [enquiries.support4send@hants.gov.uk](mailto:enquiries.support4send@hants.gov.uk).

## P.A.C.E. FREE event for all parents and carers

Hosted by CAMHS on **Tuesday 30 January** at Winchester Guildhall, 11.00am to 7.00pm, this is an information event providing help, advice and support to increase confidence and knowledge in managing potential concerns covering Challenging behaviour, Eating difficulties, Crisis & self-harm, Anxiety management and much more!

There will be information stalls from local and national organisations and agencies, and workshops to attend. This is a free event but booking is required, visit <https://www.fitfeshtahmpshire.com/pace> or call 01962 831044.

## **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 are: 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,. The arena is closed to the public, the music is turned down, the strobe lights are off and staff are around to help and monitor. 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/>.

## **Hampshire Short Breaks consultation**

In January Hampshire Parent Carer Network (HPCN) representatives attended a series of three short breaks consultation sessions coordinated by Hampshire County Council (HCC). The first meeting opened with an announcement that a decision had been taken to reduce the 2019/2020 Short Breaks budget by £1m, amounting to a 50% annual funding cut in real terms. HCC is also discussing the introduction of eligibility criteria linked to accessing short breaks in future. All parent carers present expressed concern that there had been no parent carer consultation prior to this decision being made and made it clear that they did not agree with funding cuts to this essential provision for disabled children and their families. Parent carers also queried why, if HCC Children's Services is facing a 20% reduction in funding overall, disabled children are being targeted for a 50% reduction in the Short Breaks budget.

HPCN urge all parent carers to look out for a short breaks digital consultation to be emailed by HCC to Gateway Card holders in the near future. Please make sure that you take a few moments to complete the consultation and let HCC know how much short breaks matter to your family.

The Disabled Children's Partnership know that families with disabled children up and down the country are facing proposals to close short break services. Like HPCN, they think that short breaks services are vital for thousands of disabled children and their families. HPCN are not permitted to campaign but they ask you to visit The Disabled Children's Partnership petition (<https://e-activist.com/page/14147/petition/1>) where you can sign a letter calling on the Government to review the funding and availability of short breaks services.

## **Southampton Short Breaks consultation**

Southampton City Council is conducting a consultation to seek views on proposed changes to the short break service offer for children with disabilities or additional needs and proposed changes to the eligibility criteria which allows access to these services. Now is your opportunity to have your say.

Fill in the questionnaire at <https://southamptoncitycouncil.researchfeedback.net/wh/s.asp?k=151117188777> and give your views on the proposals. They are also interested to hear about any ways in which the proposals could affect you or others and any alternatives to the proposals we have put forward. The deadline for submitting your feedback is **12 February**. Further information is available at <https://www.carersinsouthampton.co.uk/News/short-breaks-consultation>.

## **Hampshire SEND Information and ADVICE Service consultation**

Hampshire County Council is required to provide information, advice and support for children, young people and parents, covering special educational needs (SEN), disability, health and social care (for more information visit [https://fish.hants.gov.uk/kb5/hampshire/directory/advice.page?id=MPbQ3b\\_9IAg](https://fish.hants.gov.uk/kb5/hampshire/directory/advice.page?id=MPbQ3b_9IAg)). They currently provide this through Support4SEND and Parent Voice.

They want to make it straightforward for you to find the information and advice you need. By completing this survey you can help the council to understand what is important to you when using or seeking to use a Special Educational Needs and Disability (SEND) information, advice and support service. To access the survey, which should take no more than 10 minutes to complete, visit <https://wh.surveynaps.com/s.asp?k=151307466967>. There are some questions included in the survey for young people with SEND who may need some assistance to complete them. Your input is really appreciated. The consultation is open until **Friday 2 February** – don't delay – make your views known today!

## **Survey to Explore Support Services for Children and Young People with Additional Needs**

A team of local mental health professionals (Psychiatrist, Psychologist and Mental Health Advisor), is in the process of developing a new and exciting Hampshire-wide social enterprise called 'Young Achievers'. Their mission is to enable children and young people with additional needs (such as emotional, behavioural, social and learning needs) to discover their strengths and achieve their potential. The team is very keen to reach out and hear parents' views about what they would like from a service, as part of their development process. You can email them at [youngachieversteamuk@gmail.com](mailto:youngachieversteamuk@gmail.com) if you have any thoughts or comments about the new service. They are keen to develop good relationships with all local services and will send you details of the service offer soon. You can also complete their short survey online at <https://www.surveymonkey.co.uk/r/NBB3ZVJ>.

## **National Disabled Badge Consultation**

The Government has announced new proposals to make it easier for autistic people to qualify for a Blue Badge. This important announcement came after several years of The National Autistic Society and others raising concerns that autistic people and their families were too often shut out from getting a Blue Badge that would enable them to get out and about and live more independently. The proposed changes would mean that someone would qualify for a Blue Badge if they have difficulty when walking, if making a journey might put them at risk, or if someone can't make any journey without help. This change would include some autistic people and the Government's aims of the changes are to improve support for people with hidden disabilities.

This is part of the government's objective is to ensure that those people with the greatest need have access to badges, whilst ensuring the scheme remains sustainable. This consultation closes at 11:45pm on **18 March**. Visit <https://www.gov.uk/government/consultations/blue-badge-disabled-parking-scheme-eligibility-review> for details.

## **Project Support Officer – Hampshire Autism Partnership Board vacancy**

Hampshire County Council is advertising a new post of Hampshire Autism Partnership Board Project Support Officer. This is a flexible and exciting role supporting the running and function of the Autism Partnership Board and its projects within Hampshire. The post-holder will have contact with a wide range of people including people with autism, their families, clinicians, county councillors, Hampshire County Council officers, health and social care commissioners, senior members of external organisations and others. This role is key to the smooth running of the Board and its projects, ensuring actions are followed up, projects stay on track and the voice of people with autism is heard across all parts of our community. For full details visit <https://newjob.tal.net/vx/lang-en-GB/mobile-0/channel-1/appcentre-4/brand-1/xf-7a5126cec5d2/candidate/so/pm/4/pl/7/opp/26924-Project-Support-Officer-Autism-Board-HCC2821488/en-GB/posting/35067>. This is a temporary contract for one year, working 22.5 hours per week.

## **Autism-friendly performances**

Following a number of autism-friendly performances across our region over Christmas, don't forget **The Mayflower Theatre's** relaxed performance of 'War Horse' on **Thursday 24 May 2018** at 2.00pm. Contact: Box Office 023 8071 1811 or visit [https://www.mayflower.org.uk/Whats\\_On](https://www.mayflower.org.uk/Whats_On)

Disney's 'The Lion King' will present its fifth dedicated autism-friendly performance in London on **Sunday 3 June** at 1:30pm. Visit [www.thelionking.co.uk/autismfriendly](http://www.thelionking.co.uk/autismfriendly) for more information.

## **ODEON trial adult autism screenings at 9 cinemas – Black Panther**

For a limited time and at nine selected cinemas, including Southampton, ODEON are showing autism friendly screenings for older audiences. See the Dimensions website at <https://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/autism-friendly-screenings-odeon/> for full details.

## **ASD New Forest Meeting**

ASD New Forest continues to hold monthly support meetings at The Place, Ringwood. The next is on **Wednesday 21 February**, from 10.30am to 12.30pm. For more details contact Carol at [asdnewforest@gmail.com](mailto:asdnewforest@gmail.com).

## **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.

## **The Curly Hair Project**

The curly hair project (CHP) is a social enterprise based in the UK, which aims to help people with autism and their loved ones. All their work is based on personal, real life examples and experiences. The services and products they provide are: Books and eBooks • Podcasts and videos • Counselling with an ASD-experienced counsellor • Training for individuals and families • Training for professionals • Posters • Blog • Social media feeds • Animations. Their training is provided via workshops, conferences and webinars. The nearest workshops coming up in February are in Durweston, Dorset (ASD and Families Education Day **Friday 16 February**) or Chichester, Sussex (ASD and females workshop **Saturday 17 February**). The next webinars are as follows: ASD and females on **Sunday 28 January** • ASD and emotions on **Thursday 1 February** • ASD and education on **Monday 5 February** • ASD and socialising on **Tuesday 6 February** • ASD and sensory processing on **Sunday 18 February**. For a full list of events visit <https://thegirlwiththecurlyhair.co.uk/events/>. For more information, email [helen@thegirlwiththecurlyhair.co.uk](mailto:helen@thegirlwiththecurlyhair.co.uk).

## **ActiveAbility Solent – New Timetable**

The ActiveAbility programme is an award winning project – their cause is simple, to increase sporting and activity opportunities for individuals with a disability aged 14+ within the Solent area. Visit <https://www.activecommunity.org.uk/activeability> to see their timetable (January to March) which will include any updates and new sessions. They offer a range of accessible and fun activities that run seven days a week, including Martial Arts, Athletics, Boccia, Tenpin Bowling and many others. Locations are mainly in Southampton but do also include Totton, Eastleigh, Chandler's Ford and Warsash. On average the sessions are just £3 each and it is as simple as just turning up and their experienced and qualified coaches will take it from there. You can also make bespoke bookings where they can supply equipment, coaches and facilities. If you would like more information, contact Tom Grave, Activities Coordinator on 02380 784131 or email [tom.graves@activenation.org.uk](mailto:tom.graves@activenation.org.uk).

## **Selective Mutism**

A local children's author, Clair Maskell, has written a picture book about selective mutism, 'The Loudest Roar'. The book, inspired by a friend of her daughter, tells the tale of a lion called Angus whose roar sometimes does not work. The aim of the book is to raise awareness and to explain selective mutism in a way that children can easily understand. For more information, click here. To purchase the book, visit [https://www.amazon.co.uk/dp/1548019615/ref=cm\\_sw\\_r\\_cp\\_api\\_OUUEAbYXD9RT](https://www.amazon.co.uk/dp/1548019615/ref=cm_sw_r_cp_api_OUUEAbYXD9RT).

Parent Voice has also produced an article on the subject of Selective Mutism at [https://www.parentvoice.info/en>Selective\\_Mutism\\_-](https://www.parentvoice.info/en>Selective_Mutism_-).

## **Reminders:**

### ***Visiting the Hampshire Countryside and Exploring the New Forest by Bus* booklets**

We still have a few of these booklets left which will be available at our next support group meeting. These are designed for families and teachers of children with autism and can also be downloaded free from <http://autismandnature.org.uk/>

## **Parent Forum – Alex Kelly Ltd**

Speech therapist, Alex Kelly, is running a programme of seminars at Speaking Space, Fleming House, Alma Road, Romsey, SO51 SEP from 7.00 to 9.00pm during the year. Entry is a £5.00 contribution at the door towards the costs and cake! All the dates and topics can be found at <http://alexkelly.biz/2017/12/08/parent-forums-2018/>. If you are interested, email [office@alexkelly.biz](mailto:office@alexkelly.biz) or phone on 023 8098 7134.

Alex Kelly Ltd, are also running a series of Social Skills groups for primary age children, secondary age young people and adults at their base in Romsey. Leaflets about these groups can be downloaded from our website at [www.shantsnas.org.uk/News/Newsarchive#031017\\_01](http://www.shantsnas.org.uk/News/Newsarchive#031017_01)

## **Free Autism Support and Information Programme for parents in Hampshire and Southampton**

Hampshire CAMHS, Southampton City Council and Autism Hampshire invite you to a free programme of sessions offering learning, support, and advice in various aspects of autism during your child's assessment, or following their diagnosis. Each session will cover a different aspect of the condition with the aim of increasing your understanding of your child's unique way of looking at the world, and how this may show itself in how they behave. If you prefer a less public forum, you may also book a 5-minute 1:1 slot with any of the panel members. These groups take place in each of the seven Hampshire CAMHS areas and in the city of Southampton – full details and dates at [www.shantsnas.org.uk/Support/camhs](http://www.shantsnas.org.uk/Support/camhs)

## **Clarks Quiet Hour Appointments**

This service is 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 also 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, you are encouraged to make an appointment in advance by calling the Southampton store on 023 8022 4515.

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

Both shopping centres now run a *Sensory Sunday* on the **last Sunday of each month**. Most of the shops lower their lighting levels and reduce the volume of music and announcements during the day. All customer-facing Swan Centre staff have undergone training from our NAS Branch to help them understand the issues that people with autism face in a busy shopping centre and have an understanding on how to support customers with sensory issues.

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 (<https://www.dimensions-uk.org/families/autism-friendly-environments/autism-friendly-screenings/vue-autism-friendly-cinema-screenings>) 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. The venue 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 will be held from 9.00 to 10.00am on Sundays: **28 January, 25 February and 25 March**. Evening sessions will be held from 6.00 to 8.00pm on Wednesday: **7 February, 7 March and 28 March**. For more information or to book, call Jessica on 02380 018336 or email [jessica.campbell@partyman.co.uk](mailto:jessica.campbell@partyman.co.uk)

## **Dimensions autism-friendly cinema screenings**

Dimensions work with ODEON, Cineworld, Vue and Showcase to host Autism Friendly Screenings at over 250 cinemas nationwide. See what autism-friendly cinema screenings are coming to a cinema near you at <https://www.dimensions-uk.org/families/autism-friendly-environments/autism-friendly-screenings/>

## **Inspiring You Inclusion Weekends**

At Avon Tyrrell Outdoor Centre, Bransgore, BH23 8EE: Enjoy two nights in the main house, a range of exciting adventure activities and delicious meals to help you refuel. Have a go at Climbing, Archery, Pioneering, Bushcraft, Kayaking and more... The activities are led by experienced instructors who will support you and help you challenge yourself, build confidence and try something new. These *Inspiring You* events are a fantastic opportunity for families to spend time in a safe and friendly environment, with specialised equipment and fully trained staff. Thanks to funding from Hampshire County Council, they are able to offer this for just £55pp (2017 prices). If you live outside of Hampshire, they would love you to join them too, so please contact them for alternative pricing. Dates for 2018 breaks are still being finalised and will be posted on their website as soon as possible. For details and to book, contact [info@ukyouth.org](mailto:info@ukyouth.org) or online by visiting [https://www.avontyrrell.org.uk/inclusion\\_weekends.html](https://www.avontyrrell.org.uk/inclusion_weekends.html) or call 01425 672347.

## **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 and soft play and lots more activities. Suitable for children and young people with disabilities and additional needs aged 3-16 years. Siblings are also welcome. This is a free session for all families! Donations for refreshments. For more information contact Claire Headington on 02380 721234 or 07823 353887 or email [claireheadington@roseroad.org.uk](mailto:claireheadington@roseroad.org.uk). The sessions are funded by BBC Children in Need.

## **Get ready for World Autism Awareness Week 2018**

World Autism Awareness Week 2018 will be **26 March–2 April**! If you would like to keep up-to-date with important information about the week, please sign up using the NAS' enquiry form at [www.autism.org.uk/get-involved/world-autism-awareness-week/film.aspx](http://www.autism.org.uk/get-involved/world-autism-awareness-week/film.aspx).

## **Family Information and Services Hub**

To view activities taking place in your local area, visit

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

## 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/>

## 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 the Hampshire Local Autism Directory at <https://www.autismhampshire.org.uk/local-autism-directory/directory/#stepbystepguides>

## 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](https://www.youtube.com/watch?v=Fv66Q-MUXqc) and sign up at [www.autism.org.uk/myworld](http://www.autism.org.uk/myworld)

## Friends of In Touch

This registered charity in Eastleigh, funded by the BIG Lottery, supports children and young people with autism. The aim is to enable anxious or socially-vulnerable children and young people to feel more engaged with mainstream education and social activity by helping them develop self-confidence, self-esteem and coping skills. Lots of fun 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 21). Both groups are currently full but anyone interested in being added to the waiting list should contact [info@friendsofintouch.org.uk](mailto:info@friendsofintouch.org.uk). Both 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).

## 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 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 – shopping online through [easyfundraising](http://easyfundraising.org.uk/causes/shantsnas).

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 to say thank you for shopping with them.

1. Sign up – go to [www.easyfundraising.org.uk/causes/shantsnas](http://www.easyfundraising.org.uk/causes/shantsnas) and click on the button to sign up.
2. Shop – from the [easyfundraising](http://easyfundraising.org.uk) 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](http://easyfundraising.org.uk). 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](http://easyfundraising.org.uk) turn into a donation for our Branch.

Please be assured that using the [easyfundraising](http://easyfundraising.org.uk) website will not cost you a penny. There are no catches or hidden charges and we benefit from any donations you make once registered.

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Regards

**David & Rachel Carter**

The National Autistic Society, South Hampshire Branch

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