

## South Hampshire Branch

Dear Friends

Please find below all the latest information from our branch, along with other information that we hope you will find useful. With summer holidays fast approaching we have some tips to help you survive the period!

We will be taking a break over the summer but will send out our next newsletter towards the end of August with information about all our autumn activities. Meanwhile, we hope to see some of you at our July Support Group meeting. Have a great summer.

### Support Group Meeting

Our next support group meeting is on **Monday 20 July** at Bishopstoke Evangelical Church at 7.30pm.

We are delighted to welcome, as our guest, **Elizabeth Calvert, Paediatric Occupational Therapist, Solent NHS Trust, Children's Therapy Service** who will discuss how OT can help children on the spectrum. Liz is one of the professionals who attend our joint support group with CAHMS and we thank her for offering to come along to talk to members and share her experience with us.

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.**

Please note: there is no support group in August; the next will be on **Monday 21 September** when we once again welcome **Anna Nicholson**, Policy and Participation Officer, London and South East National Autistic Society who will give a presentation about the recently introduced Care Act and its impact on adults and families affected by autism.

### Family Youth Club

Our next club restarts after the summer break on **Saturday 5 September** at Chandlers Ford Methodist Church from 3.30pm to 5.30pm. Children accompanied by their families are welcome.

**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



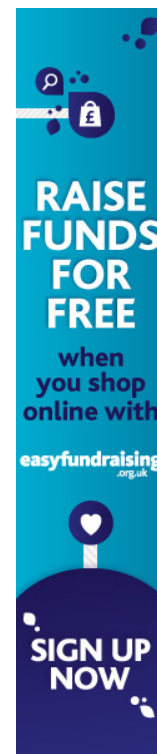
We next meet again after the summer on **Saturday 5 September** at Chandlers Ford Methodist Church. The Club started with a small 'pilot' group for children aged between 9 and 13, so that we could evaluate this activity. From September we are able to extend the age-range from 8 to 13 and some limited places may become available. To express an interest in your child joining the club, please complete the form on our website 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.

### Our Southampton social groups

Both our Children's social group and our Adult's social group will be taking a break over the summer holiday but meet again at St Patrick's Church, Portsmouth Road, Woolston, Southampton, SO19 9BD, in September. All the dates for the autumn term can be found on our website.

For more details of both of these social groups, email [aspsg.shants@gmail.com](mailto:aspsg.shants@gmail.com) or contact Sue on 023 8043 2612 or Tracey on 07532 282301. New members are always welcome to attend.



Accept difference. Not indifference.

## Hampshire Autism Voice new survey about transition

Please take 10 minutes of your time to help us to gauge feedback about **transition services** available and how well they are being used.

This short survey is aimed at families of young people that are about to start going through transition or adults that have been through the process. We expect this to be predominately, but not exclusively, 14-25 year olds. It is to gain some idea of what's happening 'on the ground' and enable you to feed back your comments direct to the HAPB (Hampshire Autism Partnership Board).

Please skip any questions that you feel do not apply to your circumstances. You may answer this survey on behalf of a young person/adult having experienced or currently experiencing the transition process OR as someone with autism that has experienced or is currently experiencing the transition process.

Your responses will be fed back anonymously to the HAPB and your contact details will not be circulated to any third parties. This survey will close on **24 July 2015**. To access the survey, please visit <https://www.surveymonkey.com/r/HAVB>

## Your guide to a stress-free summer

School holidays can be confusing and difficult to deal with. So how can you make the changes in routine easier for your child? The NAS has put together some good tips to use during the summer holidays. [For more information, click here.](#) Still wondering what to do to fill the extra free hours in the summer holidays? Choose from [this list of ideas for great family days out](#) to make the most of the summer holidays.

## Eastleigh Community Games Event 2015

Eastleigh Community Games 2015 is being held on **Saturday 25 July** from 12.00 to 4.00pm at Pavilion on the Park, 1 Kingfisher Road, Eastleigh, SO50 9LH. A free community event to encourage participation in local grass roots sports and arts – everyone can have a go! Fun family activities, wacky games and races, taster sports activities, live performances, bouncy castle, face painting, refreshments and stalls. New for 2015 – Giant Climbing Wall! This event is fully inclusive and aimed at all ages and all abilities and is planned, delivered and managed by volunteers of Eastleigh Games 2012 Legacy Group. For more details, visit [www.eastleighcommunityevents.co.uk](http://www.eastleighcommunityevents.co.uk).

## Hampshire Special Needs Information Day

Hampshire Parent Partnership Service and Parent Voice are pleased to announce that our next Special Needs Information Day will be on **Saturday 17 October** from 10.00am to 3.00pm at Horndean Technology College, Barton Cross, Horndean, Waterlooville PO8 9PQ.

They have been holding these free events for many years, giving families and practitioners the opportunity to gather information about support and services available across the county. They will be inviting a wide variety of exhibitors to join them to offer information and advice on a range of issues relating to special needs. We will be there on a joint stand with the NAS North Hampshire Branch to promote our activities. Alongside the exhibition, a series of workshops and information talks will be on offer, and parent and carers will be invited to pre-book their free places on the sessions of their choice.

Further details about the event will be sent to you soon, but in the meantime please put the event on your calendar.

## Reminders:

### Autism-friendly theatre performances

Disney's award-winning musical, *The Lion King*, presents its third dedicated Autism-friendly performance at the Lyceum Theatre, 21 Wellington Street, London WC2E 7RQ. The performance is on **Sunday 30 August** at 1.30pm. Priority booking now open. 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](http://www.atgtickets.com/venues/london)

The Mayflower Theatre, Southampton present a relaxed performance of their pantomime, *Aladdin*, on **Tuesday 29 December** at 1.30pm. Tickets are £9.00. Please call the Box Office on 02380 711811 for more info or to book.

### Head 2 Head Multi- Sensory Theatre For All

*Mischief in the wild woods: The wacky world of oz.* For children and young people with special needs aged 2 to 19 years. Fun for all the family! An interactive, multi-sensory walkabout performance for children and young people with special needs age 2 - 19 years and their siblings on **Tuesday 18 to Thursday 20 August**. Contact: Hollywater School, Bordon, Hampshire, GU35 0HA Tel: 01372 278021. Mobile: 07519 747 290  
Email: [h2office@gmail.com](mailto:h2office@gmail.com) or visit [www.head2headtheatre.co.uk/family-holiday-activities](http://www.head2headtheatre.co.uk/family-holiday-activities)

### Autism Ambassador Scheme

As previously reported, Autism Ambassador is a new scheme by the Autism Partnership Boards of Hampshire, Portsmouth & Isle of Wight to enable our communities to become Autism friendly. Over 40 Ambassadors have now been trained. For anyone wishing to become an Autism Ambassador, we are planning another training day, hopefully in September, for people to sign-up. Full details of what this entails can be found at [www.ascambassador.org.uk](http://www.ascambassador.org.uk). More information will be available shortly.

### 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/>

## Autism Alert App

The Autism Alert App, provided by Autism Hampshire, enables people who have autism to share information about their autism and support their autism. It can be used by young people and adults who live in Hampshire (including Southampton, Portsmouth and Isle of Wight). It functions on a Smart Phone and you can also have an Alert Card. It can be used to explain your condition to the emergency services, any professional, family member or friends who you chose to share it with. To get the App, contact Community Access team on 02380 633951 or email [communityaccess@autismhampshire.org.uk](mailto:communityaccess@autismhampshire.org.uk) for an application form. For more information visit <http://www.autismhampshire.org.uk/support/outreach/community-access-projects.html#Autism%20Alert%20Programme>.

## My World, National Autistic Society

The NAS is offering 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-MUxgc](http://www.youtube.com/watch?v=Fv66Q-MUxgc) or to sign up at [www.autism.org.uk/Working-with/Education/teacher-form.aspx](http://www.autism.org.uk/Working-with/Education/teacher-form.aspx).

## 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 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>

## 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.

## 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](http://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.



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](mailto:shants@nas.org.uk) | Website: [www.shantsnas.org.uk](http://www.shantsnas.org.uk)  
Registered as a Charity. No. 269425

*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.*