

Dear Friends

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 Family Youth Club on Saturday (after no one turned up for our club in May except our volunteer helpers!). We have another interesting speaker at our Support Group meeting on Monday.

Also tickets are now available for the talk by Ros Blackburn in Totton on 9 July – Ros is an adult with autism and an excellent speaker. We have news about NAS Surrey branch conference in September – always an excellent event.

We look forward to seeing some of you at our forthcoming meetings. As always, if you have any ideas for activities or events you would like us to consider, please let us know.

## Data protection

Our NAS Policy advisor has reviewed the new GDPR law and believes that currently there is no need to ask our members to 'opt in' to our email services because we are not sharing your data with any other services/organisations therefore only using your data for no other reason than to give you information about our local events and activities. If you do want to stop receiving our emails, then please let us know by emailing [shants@nas.org.uk](mailto:shants@nas.org.uk) and we will take you off our mailing list as soon as we can.

## Family Youth Club

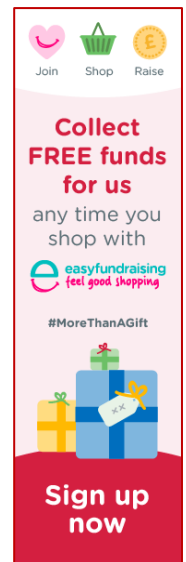
Our next Family Youth Club takes place on **Saturday 16 June** at Chandler's Ford Methodist Church from 3.30pm to 5.30pm. Children accompanied by their families are welcome. *Please note: we have now moved the regular date to the third Saturday of the month.*

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)

*As you may know, we are closely monitoring attendance at our Family Youth Club over the next few months as numbers have been very low and we may have to consider closing this group if this does not improve. **No one turned up for our May club!** 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.*



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## LEGO Club

Our next LEGO club is also on **Saturday 16 June** at Chandler's Ford Methodist Church. We are delighted to welcome an additional volunteer, Bethan, to help with this group.



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 18 June** at Bishopstoke Evangelical Church at 7.30pm.

We welcome, as our guest, **Carolyn Elliott**, a Specialist Speech and Language Therapist who works for the Communication and Language (CaL) team at Hampshire County Council and is also one of the volunteer leaders of our NAS LEGO club. Carolyn will give advice about speech and language therapy and introduce you to the principles of LEGO therapy.

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 June** at Chandler's Ford Methodist Church, Winchester Road, SO53 2GJ, from 7.30 to 9.30pm. The group has made a good start and we welcome anyone who has a partner with autism. It runs monthly on the fourth Thursday evening of the month. Full details at [www.shantsnas.org.uk/Home/Partners](http://www.shantsnas.org.uk/Home/Partners)

## Our Southampton Social Groups

Both our Children's and Adults' social groups are 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).

We were delighted to hear that one member of the children's group, Antonia, climbed to the top of Snowdon in the half-term holiday and raised £800 for the group – this included a £100 donation from Chris Packham. Well done Antonia!

## 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.

## Ros Blackburn to speak at Autism Support Group in Totton

We are pleased to report that our friends in Totton have booked **Ros Blackburn** to speak at their meeting on **Monday 9 July** from 7.00 to 9.00pm at Testwood Baptist Church, 283A Salisbury Rd, Totton, Southampton, SO40 3LZ.

Entitled *Logically Illogical: Information and Insight into Autism*, it will be a very informative evening. Ros, an adult with autism, is an excellent speaker. At three months old she was withdrawn, isolated and in a world of her own. At eighteen months she was diagnosed severely autistic but with average intellectual ability. Now in her 40s Ros lectures nationally and internationally giving insight into her own experiences and the care and education practices she has observed. In spite of severe limitations imposed by her condition, Ros displays great courage (and a strong sense of humour) in facing her fears and tackling life's challenges.

We are jointly supporting this event and tickets, at £5.50 each, can now be booked by visiting <https://nassouthants.yapsody.com/event/index/255741/ros-blackburn-logically-illogical>

*It is expected that this will be a popular event, so book your tickets ASAP to avoid disappointment!*

## Social Skills course

We are finalising plans for a 6-session Social Skills course for up to 8 of our members' children, on Saturday mornings in November/December, in Eastleigh. The branch will heavily subsidise this – there will be a modest charge to parents.

The course will be run, as in the past, by professionals from *Friends of In Touch* who have a great deal of experience in working with children with autism. Since 2006, whenever funding has been available, we have offered these courses and, to date, over 90 young people have benefitted from them. The main focus of each course will be on social and communication skills. Each session will build on the previous one, so it is essential that each child attends the full course. The age range of those taking part will be dependent on the interest we get. As soon as we have finalised the details, we will circulate information to you along with an expression of interest form.

## Do you want to shape future NHS children's therapies?

Suzy Dobson, Head of Complex Needs at NHS CCGs and Lead on Children Therapies, wants to know what parent carers of children and young people who access sensory therapies think of the service. What works? What doesn't work? What kind of service do you want to see in the NHS? Suzy is an open-minded NHS manager who wants to bring about genuine change with parent carers at the heart of its design. Can you spare two hours and come and have a chat and make a difference?

Hampshire Parent Carer Network has arranged a meeting at 10.00am on **Friday 29 June** at Winnall Community Association, SO23 0NY. If you would like to attend, please book yourself a free place at <https://www.eventbrite.co.uk/e/sensory-discussion-with-suzy-dobson-tickets-46757108771>

## Consistency across different services

Is there such a thing as consistency across different services for additional needs children and young people?

Hampshire Parent Carer Network is looking for your views regarding consistency in knowledge and provision of services for your child or young person with additional needs. This survey will only take ONE minute complete but could be evidence for a change in policies (all responses are anonymous). Complete the one minute survey at <https://www.surveymonkey.co.uk/r/HPCNSummerSurvey>.

## 2018 National Autistic Society Surrey Branch conference

Our friends in Surrey are holding another of their very popular conferences at the University of Surrey in Guildford on **Saturday 29 September**. The theme this year is: **Autism In The Family**. A range of excellent speakers will be talking about different aspects of having a family member with autism, and how professionals can help. All the speakers are professionals working in the field of autism who also have a personal connection to autism.

Places must be booked in advance. **Early booking before 31 July**: Parents/family carers, and people with autism are £35 each (£40 from 1 August), Professionals £65 each (£70 from 1 August). Coffee, tea and lunch are included, and there will be information stands and a book stall available.

For more details, go to <http://www.nassurreybranch.org/conference-2018-1.html>

## Autism Hour returns

Save the date: **6 October** 10.00 to 11.00am. Last year over 5,000 retailers took part in the world's first mass participation Autism Hour. We hope even more retailers will take part this year. For further information visit [www.autism.org.uk/get-involved/tmi/autism-hour.aspx](http://www.autism.org.uk/get-involved/tmi/autism-hour.aspx).

## Friends of In Touch

*Friends of In Touch* is a small registered charity based at Y-Zone Youth Centre in Fair Oak, Eastleigh, supporting children and young people with autism and funded by the *BIG Lottery*. The charity runs two weekly youth clubs, involving over 40 children/young people with autism, during term time and in school holidays. 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). It is also soon to start a young adults' social group as a follow-on from the Senior group.

Both groups are currently full but some places may become available during the summer holidays and from September. Anyone interested in being added to the waiting list should contact [info@friendsofintouch.org.uk](mailto:info@friendsofintouch.org.uk). The 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)

## Challengers Summer Holiday sessions in Eastleigh

Challengers run Playschemes for disabled and non-disabled children aged 4 to 12. They always have lots of highly trained staff so when you leave your child with them, you know they'll always have someone to play with. They also have spaces for children who need a higher level of support, including children with complex medical conditions. Their non-exclusion policy means that they will always find a way to make sure that every child can come to Challengers. For details visit <http://disability-challengers.org/what-we-do/playschemes/eastleigh/>

Challengers Youthschemes are for disabled young people aged 13 to 18 and run at weekends, evenings, and school holidays. Their programme of activities and trips out include going to London, skiing, swimming, bowling, cinema, lunch out at Pizza Express, and always time to just hang out and make new friends. Up to half the spaces are reserved for young people who have complex impairments and need a higher level of support. For details visit <http://disability-challengers.org/what-we-do/youthschemes/eastleigh/>

They are now taking bookings for their Summer Holiday sessions.

## Autism-friendly performances

### ***Me and My Girl***

Chichester Festival Theatre has a relaxed performance planned their big summer musical, ***Me and My Girl***, on **25 July** at 2.30pm. Tickets just £15. Full details at <https://www.cft.org.uk/whats-on/event/relaxed-performance-me-and-my-girl>

### ***Harry Potter and the Cursed Child!***

The NAS is involved in the first-ever 'autism-adapted' performance of ***Harry Potter and the Cursed Child!*** They have been providing training and consultation to help make the production even more accessible for autistic people and their families. The show is one play told in two parts: Part 1 will be on **Thursday 23 August** and Part 2 on **Friday 24 August**. If you're autistic, or have friends or family you know would love to see the show, [click here to visit the website](#).

## Research request

We have had information of two research programmes in which you may be interested to take part:

### **Raising children with autism and other mental health difficulties**

Laura Fitzgerald, a Psychology and Learning Disability MSc student at the University of Portsmouth, is interested in the experiences of parents who are raising children with autism and other mental health difficulties. She is seeking participants for a face-to-face interview with the intention of finding out what life is like for you. This information will be used to create an in-depth report based on analysis of the interviews. The report is to develop understanding of the experience of parents of children with autism and mental health difficulties. She also hopes to find out what support you receive, how effective it is and what other support might be useful. Contact her at [up871536@myport.ac.uk](mailto:up871536@myport.ac.uk) for further details.

### **TranseND study: Transition in Neurodevelopmental Disorders**

This study by Kingston University and University of Roehampton, London, examines transition from primary to secondary school in children with neurodevelopmental disorders. Comparisons between Autism, Williams syndrome, and Down syndrome allow insight into the unique and shared challenges and opportunities in relation to children's transitions. Using a novel approach by triangulating the views from parents, professionals, as well as children's own voices, their cognitive abilities, and mental health outcomes, this study allows for the development of informed guidelines to support school transitions in these populations. Children with Autism, Williams syndrome or Down syndrome (as well as their parents, and their professionals) who are currently in their final year at primary school and move to a new secondary school in September 2018 can take part. Children will take part in two online assessments and a short online interview (in Spring 2018 and again in Autumn 2018). Parents and professionals are asked to complete some questionnaires and to take part in a short interview. For further information contact Maria Ashworth: [m.ashworth@kingston.ac.uk](mailto:m.ashworth@kingston.ac.uk). £10 Amazon voucher for taking part!

## Hampshire Child and Adolescent Mental Health Service (CAMHS)

CAMHS is an NHS Service that aims to help young people up to the age of 18 who are finding it hard to manage their emotional, psychological and mental health. CAMHS have community teams of staff across Hampshire who are able to support young people and families if needed, and there is likely to be a clinic near you. They have recently launched a new website (<https://hampshirecamhs.nhs.uk/>) full of useful information, advice and resources. Under their 'One Year

to Make a Difference' campaign they produce a newsletter, every two months, with each one focusing on a topic related to young people's sense of self, self-esteem, body image and self-confidence. To view each newsletter visit <https://hampshirecamhs.nhs.uk/campaigns/everybody-campaign/>. Newsletter 3 contains helpful information for young people to cope with the stress of sitting exams and going through transition.

## Tree of Hope

This is a charity that helps children and young people with a disability or illness by supporting their families to raise the money they need to pay for the specialist care they need. The medical conditions they have helped with are: • Cerebral Palsy • Autism • SWAN • Brain injury • Hypermobility • Plagiocephaly • Global Developmental Delay. You can fundraise for: • Therapy • Equipment • Operations and treatment • House adaptations • Sensory gardens. If you feel they could help you, contact them on 01892 535525 or email [info@treeofhope.org.uk](mailto:info@treeofhope.org.uk). For more information, visit their website at [www.treeofhope.org.uk](http://www.treeofhope.org.uk)

## Interesting articles from Network Autism

### Supporting autistic people with a mental health condition

Patrick Sims, a freelance autism writer, offers some practical advice for professionals and carers/partners who support autistic people with a mental health condition. Visit <http://network.autism.org.uk/knowledge/insight-opinion/supporting-autistic-people-mental-health-condition>

### Benefits of social media for autistic people

An article in the Metro discusses how social media can be a valuable communication tool for autistic people. The author, Violet Fenn, is autistic and finds that social media allows her to have a social life without the stresses of face-to-face contact, and it is also a place to get support and advice from other autistic people. In the article she asks other autistic people for their pros and cons of using social media. Visit <http://network.autism.org.uk/content/benefits-social-media-autistic-people>

### Anorexia nervosa: an interview with Mair Elliott and Dr William Mandy

Mair Elliott, an activist who speaks openly about her experience of being autistic and living with mental illness, and Dr Will Mandy, a clinical psychologist and senior lecturer at University College London (UCL), discuss the prevalence and presentation of anorexia nervosa in autistic people. They also explore the support options available from both a professional and personal perspective. Visit <http://network.autism.org.uk/knowledge/insight-opinion/anorexia-nervosa-interview-mair-elliott-and-dr-william-mandy>

## Reminders:

### The Autism Show

The Autism Show returns to ExCeL, London on **15-16 June** and, as a NAS member, you can receive 20% off tickets when you quote *NAS8*. At the show you can choose from over 100 hours of talks, clinics and workshops plus hundreds of specialist products and services which can make a difference to those you care, support or teach. For full details visit <http://london.autismshow.co.uk/>

### ActiveAbility Solent – New Timetable

Visit <https://www.activecommunity.org.uk/activeability> to see their timetable 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, ten-pin 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)

### Rewilding Therapeutic Sessions for Carers

This is an opportunity to de-stress, learn new coping strategies and harness the energy of nature for your own wellbeing. One to one sessions are available on **22 June**. Appointment times are 9.30–11.30am, 12.30–2.30pm and 2.45–4.45pm at Itchen Valley Country Park. To book, email [reception@1community.org.uk](mailto:reception@1community.org.uk) or call 023 8090 2400. For more information visit [www.facebook.com/IntoTheWoodsRewilding/](http://www.facebook.com/IntoTheWoodsRewilding/)

### Parent Forum – Alex Kelly Ltd

Speech therapist Alex Kelly is continuing to run 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! She is also running courses in June: *Autism and communication* (1 day course or a 4 module course). Visit [www.speakingspace.co.uk/communication-2/](http://www.speakingspace.co.uk/communication-2/), email [office@speakingsspace.co.uk](mailto:office@speakingsspace.co.uk) or phone 023 8098 7134.

### Family Information and Services Hub

For activities taking place in your local area 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>

### 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. 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. 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: **24 June, 22 July and 19 August**. Evening sessions will be held from 6.00 to 8.00pm on Wednesday: **4 July and 1 August**. For more information or to book, call Jessica on 02380 018336 or email [jessica.campbell@partyman.co.uk](mailto:jessica.campbell@partyman.co.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.

### 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. 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/>

### 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 and at nine selected cinemas, including Southampton, ODEON are showing autism friendly screenings for older audiences. 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/>

### 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.

### 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 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 partnership funding, they are able to offer this for just £60pp for Gateway card holders. 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, the next being **Wednesday 24 to Friday 26 October**, can be found on their website. They also run one-night breaks and one-night camping experiences. For details and to book, visit [https://www.avontyrrell.org.uk/inclusion\\_weekends.html](https://www.avontyrrell.org.uk/inclusion_weekends.html), email [info@ukyouth.org](mailto:info@ukyouth.org) or call 01425 672347.

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

## 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*.

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* 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.

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What do you buy online?

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

Start raising free donations now!

[www.easyfundraising.org.uk/causes/shantsnas](http://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, 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: <https://www.facebook.com/nassouthhampshirebranch> | Website: [www.shantsnas.org.uk](http://www.shantsnas.org.uk)  
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