

## 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. Don't forget the Mayflower Theatre's Autism Friendly performance of the award winning *The Curious Incident of the Dog in the Night-Time* next week on Thursday 2 July – we look forward to seeing some of you there.

Our recently announced SS Shieldhall cruise attracted huge support. You may be interested to know that we are also looking at another event to celebrate our 10th anniversary (later in the year) and, if we are able to fix this up, it will enable a much larger number of people to attend – watch this space!.

### Family Youth Club

Our next club is on **Saturday next, 4 July** at Chandlers Ford Methodist Church from 3.30pm to 5.30pm. Children accompanied by their families are welcome.

Karen (our play worker) will be present with a structured activity. Emma, Lucy and Charlie our volunteer play facilitators, will be present to help the children and young people enjoy the activities we have on offer. We also hope that Richard, our Gestalt Psychotherapist, who regularly works with people with autism, will be able to pop in to offer advice to parents and children.

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

£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)

Please note: this is the last club before the summer break and we restart on **Saturday 5 September**.

### LEGO club



We next meet again on **Saturday next, 4 July** at Chandlers Ford Methodist Church after which we break for the summer, restarting on **Saturday 5 September**.

To express an interest in your child joining the waiting list for this club, please complete the form (which can be found on our website at [www.shantsnas.org.uk/home/lego](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 support group meeting is on **Monday 20 July** 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 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.**

### Our Southampton social groups

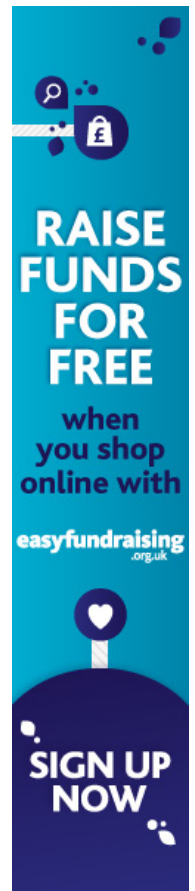
#### Children's social group

Meeting on **Tuesdays** from 6.30pm to 8.30pm. The group meet fortnightly (all the dates are on our website).

#### Adult's social group

Meeting on **Tuesdays** from 7.00pm to 9.00pm. The group meet fortnightly (all the dates are 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. Both groups meet at St Patrick's Church, Portsmouth Road, Woolston, Southampton, SO19 9BD.



Accept difference. Not indifference.

## SS Shieldhall cruise

This special event, as part of our 10<sup>th</sup> anniversary celebrations, was sold out in just a few hours!! On **Sunday 13 September**, 80 members and their families will sail on a Heritage Weekend cruise around Southampton docks on the Steamship Shieldhall. The event is heavily subsidised from our funds. If you missed out on tickets for the cruise, you can still take part in Southampton's Heritage Open Weekend (<http://www.heritageopendays.org.uk/directory>) – a free event with lots of things happening in the Docks and City (with a vintage bus service running between the various 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.



## Dino Hunter at Milestones Museum, Basingstoke

You are invited to a FREE evening at Milestones Museum, Leisure Park, Churchill Way West, Basingstoke, RG22 6PG, for children and young people with additional needs and their families on **Thursday 9 July** from 5.00 to 8.00pm. You will be able to explore their new Dino Hunter exhibition and get up close to four life-size animatronic dinosaurs, from the Natural History Museum. The exhibition will offer you the opportunity to follow in the footsteps of Victorian dinosaur hunters and experience the thrill of discovering the unknown creatures. Also available: A Victorian fossil shop where you can buy your own piece of history! • 1940s sweetshop • Costumed interpretation • Dressing up • Café open for refreshments, or feel free to take your own • Gift shop • Storytelling • Fossil dig activity. No need to book, just go along with your family for some Dino Fest Fun! A visual story will be available on request. Call 01256 403900 or email [milestones.museum@hampshireculturaltrust.org.uk](mailto:milestones.museum@hampshireculturaltrust.org.uk). For details of all the Dino Fest 2015 events throughout Hampshire, visit <http://dinofest2015.co.uk/>.

## Fit Fest 2015

This FREE event takes place on **10 and 11 July** at The University of Winchester from 10.00 to 3.00pm, hosted by Winchester Specialist CAMHS and is for under 18s and their families. This is an opportunity to learn about and try out a whole range of activities and services available to you. There will be workshop, taster session and talks including:

- Table tennis
- Ergo kayaking
- Music production and song writing
- Managing anxiety
- Mindfulness
- The power of dance
- Cycling
- Yoga

Register your attendance and book your place on workshops by calling 01962 831044 or email [SPNT.specialistwinchestercamhs@nhs.net](mailto:SPNT.specialistwinchestercamhs@nhs.net) or just turn up on one of the days. Visit <https://www.facebook.com/pages/Fit-Fest-Hampshire-2015/1636958933201828?fref=nf> for more information.

## Cycling For All, New Forest

There is going to be a fantastic opportunity for people with disabilities, aged 18+ to try out different adapted bikes, have a sociable picnic and then go out for a ride on the gravel tracks in the New Forest around Brockenhurst on **Saturday 11 July**. This event is being organised by New Forest Mencap Gateway Club with the New Forest National Park Authority. Everyone will meet in Brockenhurst to try out the different bikes (tandems, trikes, wheelchair bikes – there should be something for everyone) and find a suitable one, then there will be a picnic followed by a bike ride. The event is free! If you would like further information on Inclusive Cycling visit [www.newforestnpa.gov.uk/inclusivecycling](http://www.newforestnpa.gov.uk/inclusivecycling). If you want more information or to book a place, contact David Smith on 01425 610259. Please pass this information on to anyone you think might be interested. They hope to see you there!

## NAS Campaign

The NAS is launching its biggest ever campaign in 2016 to improve public understanding of autism – and needs your views. Please take part in the survey to share your experiences with the NAS.

In a recent opinion poll, over 99% of the UK public said they'd heard of autism. But we know from the stories you tell us that too many of these people don't have a real understanding of what autism is or how it affects others. This can make the world feel like a hostile place if you're living with autism.

*"You become smaller, and your world becomes a lot smaller too." – Mum of a child with autism*

To make sure the NAS' campaign has the biggest possible impact, they need it to truly reflect your own experiences, both good and bad. They want to hear your views on things like:

- how other people respond when you are visibly anxious in public
- who are the people, and what are the places that need to change the most
- how your family is affected when people show a lack of understanding.

We have supported NAS campaigns in the past so please could you complete their survey at [www.surveymonkey.com/s/autismunderstanding](http://www.surveymonkey.com/s/autismunderstanding) to make sure we focus our campaign on the things that will make the biggest difference to you. Thank you.

## Shaping Hampshire – Spending Review Consultation

Hampshire County Council has announced a new consultation this year “Shaping Hampshire – Spending Review Consultation” which includes questions about increasing council tax and use of reserves, alongside questions about spending priorities. We have also been informed that a further Short Breaks consultation is likely to be launched in September 2015.

We have shown that your voice does make a difference and therefore please take the time to complete the Spending Review consultation at <http://www3.hants.gov.uk/spendingreviewsurvey>. It is vital that families with disabled children participate in this consultation so that our views are heard. You can complete the survey online or you can ask for a printed copy to be sent to you by calling 0300 555 1375. The closing date for responses is **Monday 6 July**.

We appreciate that your time is precious. Please be aware that it is not compulsory to answer all questions within the consultation, but the following are particularly important:

- The question about County Council Services, asking you to choose the most important 5 services
- The question about raising Council Tax
- The question about using reserves (County Council savings) to support services
- The question about Children’s Services which asks you to rank potential ways of saving money from this budget
- The question entitled Budget Priorities – Summing Up which asks again about use of reserves and increased Council Tax to reduce the amount of savings needed from departmental budgets
- You are given the opportunity to comment on any impact of the proposed cuts
- You are asked for general comments on how the County Council should prioritise the budget

It would appear that the survey allows more than one response per IP address, so please encourage other members of your household to complete the survey.

Parent Voice, Hampshire Parent Carer Network and some Short Breaks providers have been looking at how Short Breaks services might be delivered within a reduced budget. It is clear that the level of cuts proposed would impact on the whole range of services delivered, from specialist schemes to individual support and the Buddy Service. There is also a very real possibility of a new eligibility criteria to access short breaks which will mean only the few can access.

There are proposed cuts in many service areas so it is important that our voices are heard above the rest. Please take the time to complete this Spending Review survey as soon as you can, and encourage friends. Thank you.

## ‘Medical Issues in Autism’ Free CPD Webinars

‘Medical Issues in Autism’ is a free two-part online CPD webinar by Autism Research Institute being held from 6.00 to 7.00pm on **Wednesdays 29 July** (Part 1) and **2 September** (Part 2). In this webinar, Dr Mumper provides an evidence-based overview of medical problems often found in children with autism, so that parents and clinicians can collaborate on assessments and treatment strategies. To register your interest in taking part in the webinar and for more information on Autism Research Institute and other webinars, visit [www.autism.com](http://www.autism.com).

## Face2Face Befriending Service Volunteer Recruitment, Hampshire

Can you help? KIDS want to recruit more parents to join their team. Are you a mum or dad of a disabled child? Can you spare some time to make a difference and become a befriender? Could you commit to training and support sessions? Do you feel you can support other parents? If so, please contact the Coordinator for more details on 01329 312312 or email [kim.steele@kids.org.uk](mailto:kim.steele@kids.org.uk). Face2Face started in 1989 by a parent employed by Mencap and a social worker working for Scope. It has now become a national project that comprises of a network of schemes. Befrienders support parents to make positive emotional and practical adjustments to having a child with a disability or additional need. For further general information about the project visit [www.kids.org.uk/Event/face-2-face-project](http://www.kids.org.uk/Event/face-2-face-project).

## 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>.

## Days Out With Children With Special Needs

KidRated believes ALL children are entitled to have great days out, so they have made a list of attractions and experiences (mainly in London, but also beyond) that cater really well for children with special needs. Visit their website at <http://kidrated.com/plan-your-visit/special-needs/>. The list is growing all the time and they welcome your suggestions for places to be added which may be local to you. This can be done via the website or by emailing [info@kidrated.co.uk](mailto:info@kidrated.co.uk).

## Autism Eye

Autism Eye is a vital source of in-depth autism information and advice for parents and professionals. Their Spring issue has articles on the following: Grandparents: help or hindrance? • Therapy for conversation skills • Vitamin D and why it matters • How to de-escalate meltdowns • Accessing support for long summer days • How to stop the pica habit. To subscribe and be kept informed, visit [www.autismeye.com](http://www.autismeye.com) or call 020 8673 8496. Digital subscriptions are free, printed subscriptions cost £20 for individuals or £30 for organisations. On the website, you can also read about upcoming events, biomedical and educational interventions, latest research and so much more.

## Reminders:

### Autism-friendly theatre performances

The Mayflower Theatre, Southampton, in association with The National Autistic Society, present a relaxed performance of *The Curious Incident of the Dog in the Night-Time* is on **Thursday 2 July** at 2.00pm. Tickets are £15.00 each (for more information visit [www.shantsnas.org.uk/Diary%20dates](http://www.shantsnas.org.uk/Diary%20dates)).

They also have a relaxed performance of their pantomime, *Aladdin*, on **Tuesday 29 December** at 1.30pm. Tickets are £9.00.

Both are specially adapted and relaxed performances for customers on the autism spectrum or with sensory and communication difficulties or a learning disability. Please call the Box Office on 02380 711811 for more info or to book.



Also this summer 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)

### 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/>

### Friends of in touch

*Friends of in touch* currently have space in their Junior Youth Group for a couple of new members. This is for children aged 9 to 13 years and the group runs at Y-Zone Youth Centre, Fair Oak from 4.30 to 6.00pm on Tuesdays. For more details of the group, visit [www.friendsofintouch.org.uk/Activities/Junioryouthgroup](http://www.friendsofintouch.org.uk/Activities/Junioryouthgroup). Anyone interested should contact [Karen@friendsofintouch.org.uk](mailto:Karen@friendsofintouch.org.uk) or call 07766334060 or 07474 539539.

### New Forest Spectrum 3-day Music Festival

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

### Community First New Forest

Community First New Forest's next ASD meeting take place at Ringwood Fire Station from 10.30am to 12.30pm on **Wednesday 15 July**. Their Grandparent meeting is at Mr Eddy's Tea Rooms, Exbury Gardens from 10.00am to 12.00pm on **Monday 13 July**. For information contact [cypservices@cfnf.org.uk](mailto:cypservices@cfnf.org.uk) or visit [www.cfnf.org.uk](http://www.cfnf.org.uk)

### 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)

### 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-MUXqc](http://www.youtube.com/watch?v=Fv66Q-MUXqc) 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.*