

Dear Friends

A 'bumper' summer edition this month with details of our activities over the next month or so plus other information that may be of interest. This will be the last full newsletter before we take a break over the summer although we will continue to send out any important information as we hear about it.

Once again, we hope you will support another Hampshire Autism Voice survey, if this applies to you, as it is gathering important information about support (or lack of) for adults with autism. We also have information for a number of activities taking place over the summer months which may be of interest.

If we do not see you at our July events, we wish you a very happy summer and look forward to seeing you in the autumn.

## Family Youth Club

Our last Youth Club before the summer break takes place **this Saturday, 2 July** at Chandlers Ford Methodist Church from 3.30pm to 5.30pm. Children accompanied by their families are welcome.

Our usual facilities will be available and our volunteer play facilitators will be present to help the children and young people enjoy the activities we have on offer.

**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: there will be no Family Youth Club in August – we restart on **Saturday 3 September**.

## LEGO club

Our next club is also on **Saturday 2 July** at Chandlers Ford Methodist Church.



This is for children with autism from 8 to 13 years of age. The club is currently full but for more information and to express an interest in your child joining the waiting list for 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.**

Please note: there will be no club in August – we restart on **Saturday 3 September**.

## Support Group Meeting

Our next support group meeting is on **Monday 18 July** at Bishopstoke Evangelical Church at 7.30pm.

We welcome as our guest, **Joe Broughton**, a young man with Asperger syndrome who is going to talk about his experiences. Joe comes from Guernsey and is currently studying Law at the University of Southampton, having already gained a degree in Theology and Religion at the University of Winchester. He is keen to use this opportunity to share with an audience how, far from holding him back, his Aspergers has been an immensely positive thing in his life. He is eager to stress in his talk that education, perseverance and self-belief combined are powerful, and that, coupled with the correct academic and social support, those with Aspergers stand just as good a chance of achieving their life dreams as a neurotypical student.

There will be plenty of time at our meeting to have a chat and to browse our Resource Library, comprising over 350 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.**

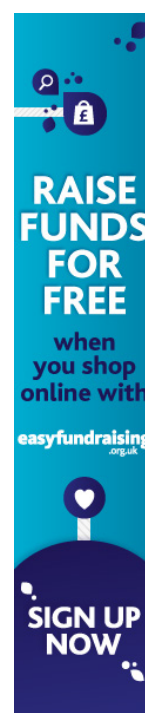
## Our Southampton social groups

Both our Children's social group and Adults' social group continue to meet at St Patrick's Church, Portsmouth Road, Woolston, Southampton, SO19 9BD. All dates through to the end of July can be found on our website. Dates for September onwards will be available soon. For more details, email [aspsg.shants@gmail.com](mailto:aspsg.shants@gmail.com) or contact Sue on 023 8043 2612 or Tracey on 07532 282301.

## Tony Attwood to visit us next year

We are delighted to announce a return visit to Winchester by Professor Tony Attwood, one of the most respected autism and Asperger syndrome experts in the world, following our very successful one-day sell-out seminar in 2011.

Tony is a clinical psychologist who has specialised in autism spectrum conditions since he qualified as a clinical psychologist in England in 1975. He works in private practice in Brisbane, but is also adjunct professor at Griffith University, Queensland. His book *Asperger's Syndrome – A Guide for Parents and Professionals* has sold over 300,000 copies and has been translated into twenty languages. He has worked with over 3,000 individuals of all ages with Asperger syndrome.



Tony presents workshops and runs training courses for parents, professionals and individuals with Asperger syndrome all over the world and is a prolific author of scientific papers and books on the subject.

Our event will take place on **Friday 19 May 2017** at Winchester Guildhall from 9.00am to 4.30pm.

For further information, visit [www.shantsnas.org.uk/News/tonyA](http://www.shantsnas.org.uk/News/tonyA) for booking details and prices (which will be released soon, kept as low as possible and include refreshments and a light lunch). Booking will commence in July and we will inform to you by email as soon as booking opens. Places will be limited so please book early to avoid disappointment.

## NAS Too Much Information campaign



It was good to see some of you at our June support group meeting where we heard about the National Autistic Society's Too Much Information campaign from Henry Barnes, the NAS Policy and Participation Officer.

We have received a request from Henry for some help from our branch on **Saturday 16 July**:

'You may have heard that the campaigning team and branches across the country are organising a Day of Action which is being held on 16 July. The idea is to take to the streets to gather signatures for our petition to the British Retail Consortium asking them to embrace our Autism Friendly Award and to champion their members that earn the award. The Autism Friendly Award is a standard that is given to shops and services that demonstrate a willingness to make practical changes to their business and that give their staff a better understanding of autism. Hopefully, this will open up shops and services that were previously inaccessible to people with autism and, by doing so, reduce social isolation felt by so many of our members and service users.

It's simple to get involved - all it entails is standing in a public place (like a high street) for a couple of hours wearing a Day of Action T-shirt, with a Day of Action clipboard and asking people for their name and email address as well as their connection to autism. They are able to opt out of future email contact from us. We'll then compile the petition and will present it to the British Retail Consortium. All you need to do before the day is sign a non-disclosure agreement form as you'll be handling data from the general public. We'll send on the other resources when we have a better idea of numbers taking part.

If you're able to help then please contact Henry Barnes at the National Autistic Society as soon as possible on [henry.barnes@nas.org.uk](mailto:henry.barnes@nas.org.uk) or by phone on 07436 810 918."

Unfortunately, it looks unlikely we will be free on that day but if any of you can help, please contact Henry directly (and copy us in so we know who is available).

## Hampshire Autism Voice survey for adults

Please find the link below to the fifth survey from Hampshire Autism Voice (HAV). They are gathering views about the need for an autism support service for adults, and views about the Adult Support Service grant-funded by Hampshire County Council and provided by Autism Hampshire between April 2014 and April 2016. The results of this survey will be fed back to the Hampshire Autism Partnership Board to ensure that any issues identified can be fully addressed.

This short survey will take 15-20 minutes to fill in. The survey will close on **5 July 2016**.

Autism Support Service Survey at <https://www.surveymonkey.co.uk/r/5S5L9VY>

Please feel free to forward to any other interested parties to circulate as widely as possible.

A paper copy is available for those who are not comfortable using the online version. Please contact [admin@hampshireautismvoice.org.uk](mailto:admin@hampshireautismvoice.org.uk) if required.

The full results of HAV's *Services for Adults (age 18+) with Autism* survey is available on their website at [www.hampshireautismvoice.org.uk](http://www.hampshireautismvoice.org.uk). Their Educational provision survey has now closed and attracted over 230 responses – results from this survey will be analysed over the next few weeks.

## Mental Health and Wellbeing Conference 2016

Wyvern College at Fair Oak is staging this conference on **Wednesday 6 July** from 9.00am to 2.30pm. Sessions are:

- Why is Mental Health not a problem?
- 'Ordinary Magic' and Learnable Skills to promote resilience in children and young people.
- Strategies to support children and young people who have experienced trauma

Cost is £75 including lunch and refreshments. To book visit [www.surveymonkey.co.uk/r/HQZLV8P](http://www.surveymonkey.co.uk/r/HQZLV8P)

## Autism Hampshire free events for young people in Southampton

Art, candy floss machine, badge-making, games, cold drinks and cake!

A free Autism Hampshire event for young people aged 10-16 years, with high functioning autism or Aspergers at St James' Park, Shirley. They also want to hear your views about what it's like being a young person with autism – what's good and what's not. Parklife café voucher for drinks and ice creams for everyone who takes part in the consultation.

St James' Park Community Room (behind the café), St James' Park, Church Street, Upper Shirley, Southampton, SO15 5LW on **Saturday 23 July** from 11.00am to 1.00pm.

Tel: 023 80 633951 or email: [communityaccess@autismhampshire.org.uk](mailto:communityaccess@autismhampshire.org.uk) for more information and to book a place.

## Attendance at Hampshire SENCo conferences

We have been attending these conferences throughout June, with one to go in July (for secondary schools). So far we have spoken to over 200 SENCos from primary schools at our joint stand with Autism Hampshire, Hampshire Autism Voice, HCC and the Hampshire Autism Ambassador Scheme. This year's conferences featured an all-day autism training session given by Sarah Hendrickx, a keynote autism speaker at many national autism conferences in the UK and overseas. She is diagnosed with autism and gave a very frank and interesting talk on many aspects of autism that SENCos will encounter in their schools, including the different ways in which girls with autism present. A number of Sarah's presentations can be found on YouTube – one, *Autism: how anxiety affects everything*, is particularly relevant and can be found at [https://www.youtube.com/watch?v=rPD\\_yzMHJIs](https://www.youtube.com/watch?v=rPD_yzMHJIs).

We are pleased to report that many attendees signed up for more information from our branch and showed interest in the Hampshire Autism Partnership Board's initiative to have an Autism Ambassador in every school in Hampshire.

## Action adventure this summer

Help the kids stay active this summer with an action-packed adventure at Hampshire Outdoor Centres! With sailing, climbing, archery, mountain biking and more, there won't be a dull moment! With top class facilities, excellent equipment and qualified staff, children can be sure of a truly unforgettable experience in a safe and secure environment.

Action Adventure Days and Holidays are suitable for children aged 8+ and are available at:

- Calshot Activities Centre, near Southampton (<http://www3.hants.gov.uk/calshot.htm>)
- Tile Barn in Brockenhurst, New Forest (<http://www3.hants.gov.uk/tilebarn/tbc>)
- Runway's End Outdoor Centre, near Farnborough (<http://www3.hants.gov.uk/runwaysend.htm>)

## 'Accessible Adventure Day' at Runway's End

On **Thursday 4 August**, Runway's End Outdoor Centre, near Farnborough, is running an Accessible Adventure Day. Parents and carers can bring children with a physical and/or learning disability to take part in activities, such as archery, hoisted or assisted climbing, rafted canoeing and air rifle shooting.

Parents/carers are expected to stay for the day to provide one-to-one support during activities and lunch. The day is for young people aged 8-16 years at the cost of £55 per person. For further information contact 01252 344421 or email [rwe@hants.gov.uk](mailto:rwe@hants.gov.uk)

## Hampshire Specialist Parenting Support Services (HSPSS)

The Hampshire Specialist Parenting Support Service (HSPSS) has been commissioned by the Children and Maternity Collaborative of the five Hampshire CCGs. The service provides parenting programmes across Hampshire both in a group setting and individually in family homes for parents/carers who have children aged 5-17 that:

- Are diagnosed with an Autistic Spectrum Condition (ASC)
- Are diagnosed with Attention Deficit Hyperactivity Disorder (ADHD)
- Are displaying troubling or challenging behaviours associated with mild-moderate conduct disorder
- Are teenagers displaying anti-social behaviour including child to parent violence.

Please either email [hampshire.parenting@barnardos.org.uk](mailto:hampshire.parenting@barnardos.org.uk) or call 01489 799178 to find out more.

## Scouting in Hampshire

Scouting in Hampshire is happy to welcome and include disabled children and young people into their groups. For some children, a little extra may be needed to ensure they can fully participate. Short Breaks funding is available to pay for carers to give one to one support to young Gateway Card holders to enable them to join in with Scouting in Hampshire. All you need to do is to approach the Scout group nearest to you and explain that as a Gateway Card holder you are eligible for the funding and the Scouting leader should contact County Office to get more information and set the system in motion. The funding can pay for your weekly session at Beavers, Cubs, Scouts or Explorers and it has been enjoyed by several of Hampshire's young people already (not available in the City of Portsmouth or Southampton City Districts). A weekly session can often bring respite to a parent or carer and it is usually thoroughly enjoyed by the children that take part.

Rainbows, Brownies and Guides can also access Short Breaks funding for children needing some extra support; these groups would need to contact the Short Breaks team directly, on 01962 846399, to find out how to apply.

Two members of Hampshire Scouts were recently appointed as Autism Ambassadors (as part of the Hampshire, Portsmouth and Isle of Wight autism Ambassador Scheme ([www.ascambassador.org.uk](http://www.ascambassador.org.uk))).

You will also be interested to know that we have recently given autism awareness talks to two scout districts and are working with *Friends of In Touch* and Itchen Scouts to set up a Scout Group for young people with autism which, it is hoped, will get underway in the autumn.



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

Two guides for parents/carers/teachers of children with autism, to help them engage with the natural world in Hampshire.

These lovely guides have been designed by David and Tharada Blakesley to give ideas for getting children with autism out enjoying the Hampshire countryside. They are free for anyone who would like one and are being widely distributed by the team at Community Access, Autism Hampshire. Our branch has copies available at our meetings (but cannot post copies to individuals). They are also available from Autism Hampshire at events they attend.

## Parent Voice Factsheets and Articles

Parent Voice has added two new factsheets to their website ([www.parentvoice.info](http://www.parentvoice.info)). These are:

**Post 16 Options** – Deciding what to do after 16 can be a very daunting experience for both young people and their parent/carers. This factsheet looks at some of the Post 16 options available to young people in the Hampshire area.

**School Exclusion** - Hearing that your child has been excluded from school can come as a huge shock. This guide offers information on legal responsibilities, necessary actions and how you can look to the future.

Other subjects covered by their factsheets and articles are:

**Factsheets:** Sensory Processing Disorders • Support for Siblings • What is The Local Offer • Sexuality • Where to go for Support • Challenging Behaviour • DLA Support and Advice • Toilet Training • Going on Holiday • Hampshire Short Breaks-Information for Parents • Haircuts Pack • Short Breaks – Information for Providers Guide • Complaining to Children's Services • Sleep • Summer Holiday Guide.

**Articles:** Setting up a support group or small charity • Further Education/College Open days • Selective Mutism • School Holidays • Staying Safe Online • School Uniform • Preparing your Child for a Stay in Hospital • Bullying • Preparing for Power Cuts • Mental Health • Going to the Cinema • Anxiety • Dentists.

To access any of the above, please visit [www.parentvoice.info/en/Resource\\_Library](http://www.parentvoice.info/en/Resource_Library). If you do not have access to the internet, please call 03003 038603.

## Transition Team HCC – New Ways of Working

Making the transition from Children's Services or from Education into Adult Services is everyone's business. Young people and their families need to be supported by their schools, their Children's Services Social Worker and their health workers to think about their plans for adult life.

Hampshire County Council Adult Services (HCCAS) are going to be doing things differently for young people with complex needs and disabilities and their families and carers when they are thinking about their adult life. They want to make things better for young people and their families when planning for adult life.

HCCAS have listened to what people have told them about the way they want to be supported to make decisions about the support they will need to make the transition from Children's Services. To find out information about the work they have done, their current plan and the new ways of working visit [www.shantsnas.org.uk/News/Newsarchive#280616\\_04](http://www.shantsnas.org.uk/News/Newsarchive#280616_04) for full details. For more information, contact Andrea Frost or Carrie Voyle on [adult.services@hants.gov.uk](mailto:adult.services@hants.gov.uk) or 0300 555 1386.

## Free managing money online course for people on the autism spectrum

The Managing Money module is free and aimed at anyone on the autism spectrum of an age where they are ready to start learning about managing cash, banking, savings, and debt. Created by MoneySuperMarket.com in association with the National Autistic Society, it covers a wide range of money-related topics and can be completed in one visit or accessed section by section over as many visits as required.

The module was created to assist learners to recognise their strengths as well as the challenges they may experience with managing their money. It shares real-life experiences of autistic people about the sorts of difficulties they encounter, and how they successfully manage their money.

Access the training at [www.autisonlinetraining.com](http://www.autisonlinetraining.com) – you will need to register for an account – this training is free.

## Art open studios event

From **20–29 August** (open 10.30am to 6.00pm daily) artist Carolynne Viney, one of our South Hampshire branch members and newly appointed Autism Ambassador, is holding a joint exhibition with Ali Lindley as part of the county-wide Hampshire Open Studio Event 2016.

During this exhibition, they will be supporting the NAS South Hampshire Branch and Stroke charities by providing refreshments and homemade cake to visitors with a request for a donation to support both charities.

Carolynne, a dynamic acrylic and mixed media painter, sculptor and upcycling retro 3D artist, and Ali, a passionate, national award winning watercolourist, would be delighted if you felt you could pop by and enjoy refreshments to support their chosen charities. Whilst enjoying the diverse selection of paintings, sculpture, prints and greetings cards that will be available to view and purchase, Carolynne and Ali hope to be demonstrating their painting techniques giving a unique opportunity to see artists at work. The Open Studio Event takes place within Ali's home and the refreshments served in the garden, under gazebos.

Contact Carolynne Viney on 07816687934 with any questions or email [carolyneviney@btinternet.com](mailto:carolyneviney@btinternet.com).

*Directions: 3 minutes from M3. Exit M3 at J12. Follow signs firstly for Chandlers Ford then Ampfield direction (Hocombe Road). 1st turning into Kingsway then 1st left into Thornbury Wood. Venue address: 74 Thornbury Wood, Chandlers Ford, SO53 5DQ.*

## Pinocchio & HIS P.A.L.s

Head2Head Theatre is presenting this special show for children and young people with special needs ages 2 to 19, and their siblings. The half-day session includes interactive, multi-sensory walkabout performances and lunchtime games, craft activities and sensory tent. The nearest performance on this tour will take place at Shepherds Down, Compton, on **29, 30 and 31 July**. £3 per person aged 2+ (including carers). To book, please ring 01372 278021 or 07519 747290 or email [h2hoffice@gmail.com](mailto:h2hoffice@gmail.com).

## Autiplan – Free schedule-making website for families

People with autism, ADHD or PDD-NOS experience stress when their world is not predictable enough. A Visual Schedule using clear pictograms can alleviate this, which has a positive impact on the entire family. Support the daily routine by creating Visual Schedules quickly and easily with Autiplan!

Create more structure and balance in your family. Autiplan have a free basic package for families and a full version with extra features for a subscribed amount each month. Visit [www.autiplan.com](http://www.autiplan.com).

## ‘Understanding The Spectrum’ Online Comic Strip

Rebecca Burgess, who is on the autistic spectrum, has created a comic book style strip as a way of helping people understand autism. It's hosted on the website [the-art-of-autism.com](http://the-art-of-autism.com) where you can find lots of other art related content from people with autism. The comic is at <http://the-art-of-autism.com/understanding-the-spectrum-a-comic-strip-explanation/>.

## Adult support groups

Autism Hampshire's Serendipity Social Group Project now has a Facebook page, to keep you up to date with social group dates and activities: <https://www.facebook.com/Serendipity-Social-Groups-Project-1708225532774212/timeline>.

## Invitation to participate in research:

We have been informed of a new research project that is a collaboration between the Cerebra Centre for Neurodevelopmental Disorders at the University of Birmingham and University College London.

In this project they aim to further their understanding of behavioural and emotional traits in mothers of children with Autism Spectrum Disorder and how these might impact on experiences of caring for a child with a neurodevelopmental disorder.

They are inviting mothers of children with autism, who are under fifty years old, to complete an online questionnaire which will ask you to rate your strengths and weaknesses in a range of everyday scenarios, as well as your preferences, interests and reasoning skills. They will also ask you about your experiences of caring for your child.

The information sheet, consent form, and online questionnaire can be accessed via <http://tinyurl.com/jjpfre6>. The password required on the opening page is: cerebra. Following the link does not obligate you to take part.

If you have any questions about the study before deciding whether to take part, or if you would like a paper copy of the questionnaires, please do not hesitate to contact 020 7679 1148 or email: [j.f.moss@bham.ac.uk](mailto:j.f.moss@bham.ac.uk) or [s.white@ucl.ac.uk](mailto:s.white@ucl.ac.uk).

## Reminders:

### Gambado, Eastleigh – exclusive admission times for SEN guests

Gambado hold SEN indoor soft-play sessions where they welcome young children with all types of disabilities and special educational needs at Unit L10, Swan Leisure Centre, Eastleigh, SO50 5SF from 9.00 to 10.00am. Upcoming dates are **Sundays 17 July and 21 August**. Standard child ticket (includes 1 adult) £5 and additional adult £1. For more information or to book, visit [www.gambado.com/events/eastleigh/sen-sessions](http://www.gambado.com/events/eastleigh/sen-sessions) or call 02380 018336.

### 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-screenings/>.

### Avon Tyrrell Inspiring You Events 2016-17

Avon Tyrrell has released its Inspiring You programme for 2016-17. These are held at Avon Tyrrell UK Youth Outdoor Activity Centre, Bransgore, BH23 8EE. There will be a wide variety of activities available for each date, with access to water sports on the lake and swimming pool during the summer months. This year there is also an exciting addition to the events, that being a one night camping experience during the summer for a night under the stars! The dates can be found at <https://www.avontyrrell.org.uk/index.html> or call 01425 672347. In addition to the Inspiring You weekends, they also offer additional support to enable young people to attend Funday sessions throughout the year, which are a great way to develop independence and confidence, while experiencing some of the activities Avon Tyrrell has to offer.

### Friends of In Touch

*Friends of In Touch* is a registered charity, in Eastleigh, that supports emotionally and socially vulnerable children and young people with autistic spectrum conditions, and behaviours associated with them. 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 their self-confidence, self-esteem and their coping skills. Lots of fun activities include cooking, arts and crafts, bushcraft, games, construction toys for the Junior group and cookery, pamper evenings, film nights, quizzes, bowling, book club, sports, meals out and BBQs for the Senior group.

There are currently vacancies in their Junior (9 to 13) and Senior (13 to 21) Youth Groups. They 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). Summer holiday groups are also planned. For more details visit [www.friendsofintouch.org.uk](http://www.friendsofintouch.org.uk). Anyone interested should contact [Chris@friendsofintouch.org.uk](mailto:Chris@friendsofintouch.org.uk) or call 07474 539539 prior to attending the groups.

## The Monday Night Project

The Monday Night Project is a weekly social group for young people with additional needs aged 10 to 14 years, based at The Box Youth Centre, Hedge End, every Monday, 5.30pm to 8.00pm. It will help young people with Autistic Spectrum difficulties/SEN or confidence issues. Young people take part in cookery, arts and crafts, table tennis, films, games, trips, music, recreation and fun activities! Membership is by referral only. This may be through Parent/Carer, School, Self/Young Person or Partner Agency. For more information or a referral form please contact Youth Team Manager, Donna Love, on 01489 789638 (Mob: 07534 563424) or email [donna.love@hedgeend-tc.gov.uk](mailto:donna.love@hedgeend-tc.gov.uk).

## NAS Surrey Branch information day

On **Saturday 1 October**, NAS Surrey Branch's information day about Women and Girls with Autism. Speakers include Sarah Hendrickx, Dr Louise Connor, Bettina Stott and Sarah Wild, plus other people who have autism and an open forum. Leatherhead Leisure Centre, 10.00am to 4.30pm. Tickets, including lunch, for parents/carers/people with autism are £30. For Professionals (including care staff): £60. Book at <http://www.nassurreybranch.org/women-and-girls.html>. For more information contact Sara Truman at [conference@mugsy.org](mailto:conference@mugsy.org) or phone 07989 315609.

## 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/>

## 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) 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 350 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.

## 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 over £1200.**

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

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.



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)  
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Should you no longer wish to receive information, please let us know and we will remove you from the list. Thank you.*