

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 look forward to welcoming many of you to our Tony Attwood conference next week. We would particularly like to hear your thoughts on our Family Youth Club so hope you can let us know these as soon as possible (see below).

Tony Attwood conference



Our sell-out event on **19 May** is fast approaching. Full details have been sent to all tickets holders and can also be found on our website at www.shantsnas.org.uk/News/TonyA. Tony last visited us in 2011 (which was also a sell-out) and we are delighted to be able to welcome him to the UK again in 2017. His programme will cover many aspects of autism across all age groups. We are pleased to inform you that we will also welcome Mark Lever, Chief Executive, The National Autistic Society, who is giving an opening address. In addition to stands from a number of local organisations, we will have book stands present from [Jessica Kingsley Publishers](#) (the UK's largest publisher of books on autism) and [Talkabout Books](#). Unfortunately, it is now doubtful that the [The Curly Hair Project](#) will be able to attend.

Family Youth Club

We are concerned that attendance at our last three youth clubs has been very low. We therefore would be grateful if any of you who have attended the club in the past could give us an idea of why you no longer attend or, for those who have not yet attended, what is the reason (other than now being too old for the group). This would help us gauge whether or not the low attendance is due to any particular factor or just a temporary dip. The club has been running for 13 years and we have had some dips in attendance before but we want to ensure that the club is still what everyone wants. Around 7 volunteers give up their time each month to make this event happen and so we have to consider if this commitment is sensible if only one or two families attend. We really would like to have your views on this as soon as possible. Thank you.

Our next Youth Club takes place on **Saturday 3 June** 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 we hope the children and young people will 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

LEGO club



Our next club is also on **Saturday 3 June** at Chandlers Ford Methodist Church.

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

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

Due to our Tony Attwood conference, **there will be no support group meeting in May**, so our next meeting is on **Monday 19 June** at Bishopstoke Evangelical Church at 7.30pm.

We are delighted to welcome, as our special guest, **Angie Barrett, Senior Educational Psychologist, Southampton City Council**. Angie will talk about the work of the Educational Psychologists in relation to autism.

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.

At our following meeting on **Monday 17 July**, our guest will be **Alex Kelly**, Managing Director of Alex Kelly Ltd. Alex will be giving a talk about communication – she has nearly 30 years of experience as a speech therapist.

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 or contact Sue (023 8043 2612) or Tracey (07532 282301).



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Six million people have watched Holly, the 12 year old autistic actor, show what it might feel like to not get enough processing time in the NAS's latest [Too Much Information film](#).

That's six million people who now have a better understanding of autism.

But the NAS noticed this question in the comments:

"The video shows random people saying relatively normal comments. And yet it states 'give an autistic person time to process the information' so how does someone do that? I only ask because I wouldn't want to add to the problem like in this video".

The film inspired the public to want to help, but now they want to know how. Now you're needed to play a key role in helping the public to understand how to help. After all, what's helpful for autistic people tends to be helpful for everyone.

To help, take the interactive quiz at www.autism.org.uk/get-involved/tmi/actions.aspx to explore the small actions you can take to help improve the lives of autistic people in everyday life, then share it to show others how to help.

Submarine Museum visit

Basingstoke Autism Support Hub (BASH) is running an evening event at the Submarine Museum, Gosport on **Thursday 1 June** from 5:30 to 7:30 pm. This event is exclusively for Gateway card holders and their families. On the night they will have exclusive use of the whole submarine museum, including:

- HMS Holland
- HMS Alliance
- The science activities upstairs
- The learning centre with toys and water play

Visit the HMS Alliance at your own pace rather than as part of a guided tour. Engine room sound and all effects will be turned off. Submariners available to answer questions. Two quiet chill-out rooms will be available.

Find out more about the submarine museum visit www.submarine-museum.co.uk. Tickets are just £5 per person and can be purchased from <http://autismsupporthub.com/submarine-museum/>.

Autism-friendly performances

The Harbour Lights Picturehouse (Ocean Village) autism-friendly showing of *The LEGO Batman Movie* will be on **Sunday 14 May**, at 10:30am, £3.00 per person. More details at https://www.picturehouses.com/cinema/Harbour_Lights/film/the-lego-batman-movie-2d

Also check out these London musicals:

- Relaxed performance of *Matilda The Musical* on **Sunday 11 June** at 3.00pm. Visit www.matildathemusical.com
- Autism-friendly performance of *Aladdin* on **Tuesday 29 August**. Book at www.aladdinthemusical.co.uk/autismfriendly or call 0844 482 5152
- For the latest dates of autism-friendly performances of *The Lion King*, visit www.thelionking.co.uk/autismfriendly

Love Your Vote

Love Your Vote is a campaign run by Dimensions to support people with learning disabilities and autism to understand and exercise their right to vote. It's really important that people with autism are able to vote but remember that they need to be registered by **22 May** to vote in the General Election. This year Dimensions have developed a 'voting passport'. This can be downloaded from their website and filled out to be used at a polling station. For more information visit <https://www.dimensions-uk.org/campaign/love-your-vote>

Hampshire Parent Carer Network (HPCN) support groups

HPCN have a new support group for parent/carers of children/young people with an additional need (not just autism), starting in Winchester on **Wednesday 17 May** at United Church, Jewry Street, Winchester from 9.30 to 11.30am. Please visit the HPCN website at www.hpcn.org.uk/events/Winchester-Get-Together.aspx for full details.

Also, one of our members, Mandy, is the get-together host for the Alresford meetings for HPCN support groups. Their next support group is on **Friday 26 May** at the Swan Hotel, Alresford from 10.00 to 11.30am. Please contact mandystretch@hpcn.org.uk for any more information.

Big Day In

Another **free** autism-friendly Saturday afternoon, for members, friends and families of Aspergers Adventures - Minecraft and Meltdowns. Relax at Meep's Cafe, meet local support groups and try cool activities in a place where you can be yourself. Lego heaven, Electronics workshops, Pampering, Local advice, Sensory room, Tea & Cakes, 3D printing, Cosplay and Board games. **Saturday 10 June** from 2.00 to 5.00pm at St James Methodist Church, St James Rd, Southampton SO15 5HE. We will be there – hope you can make it too.

The Playhouse Foundation

Thanks to the generosity of their funders, Hampshire-based charity, The Playhouse Foundation, are looking to offer another family with a young child with autism the opportunity to have the educational programme ABA. They will provide a one year bursary for a child between the ages of 2 and 3. Their programmes are for means tested families based in Hampshire, who are keen to start an ABA programme.

If you are interested and feel that you may be eligible for a bursary, then please contact Vicky Stanley at vicky@theplayhousefoundation.co.uk, phone 07964 667903 or visit <http://theplayhousefoundation.co.uk>

Clarks Trials Quiet Hour Appointments

As part of a focus on continuing to improve consumer experience, Clarks is working with The National Autistic Society to trial Quiet Hour appointments. Selected stores will be opening outside of their normal opening hours, to offer consumers a quiet and relaxed environment for fitting appointments.

This service is available in the Southampton, Above Bar store on Sundays, 9:30am – 10:30am.

During these times the Clarks team will do their best to offer the Clarks Fitting Service in the most relaxed environment that they can. This will include the following service where possible:

- A dedicated time slot for you to have your child measured and fitted
- Reduced lighting
- Music will be turned off
- Your choice of the gender of the fitter
- A named fitter prior to your arrival
- A visual process board to explain the fitting journey
- The provision of useful information prior to your visit, such as the best place to park, nearest toilet facilities.

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.

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/>

SEND Information Day 2017

Did you attend the SEND Information Day in Yateley on Saturday 25 March? If so, Support4Send and Parent Voice would love to hear from you about what you thought of the day. Did you enjoy it? Was there anything they could improve? Send them your feedback by completing their survey online at <https://www.surveymonkey.co.uk/r/Z8DVTCF>. If you do not have access to the internet, you can give them a call on 0300 303 8603.

Also a reminder that there was some lost property on the day- did you lose a jacket? A grey zip up hoodie was left in the café area and a Khaki bodywarmer was left in a workshop/talk. Give them a call on the number above so they can reunite you with your items. If the items are not claimed by the 31 May they will be donated to charity.

Inspiring You Weekends at Avon Tyrrell

Avon Tyrrell is happy to announce that they have received another year of funding from Hampshire County Council for their 'Inspiring You' Inclusion weekends. Stay for two nights in their Grade 1 listed house • Enjoy a full activity package which can include climbing, archery, bushcraft, high ropes, kayaking and much more • Refuel each day with three hot cooked meals. If you have a child with a disability, join them at Avon Tyrrell Outdoor Activity Centre, Bransgore, BH23 8EE. The next inclusion weekend is being held on **Friday 26 to Sunday 28 May**. The cost for Hampshire Gateway Card holders is £55 per person (if you do not have a Gateway card, contact them for alternative pricing). They offer a supportive and friendly environment, with staff that are highly qualified and here for you throughout your visit. They guarantee you will be looked after and leave with some incredible memories that will last a lifetime! If you cannot make the weekend in May perhaps **Friday 14 to Sunday 16 July** will suit you better. For more information call 01425 672347 or to book at <https://avontyrrell.cinolla.com/avontyrrell/courses/hampshire-inclusion-events>

Rose Road Association Stay & Play Family Coffee Morning

These are held every Saturday, 9.30-11.30am, at The Bradbury Centre, 300 Alder Moor Road, Southampton, SO16 5NA. Go along and join them for Music, Arts & Crafts, Sensory and Soft Play and lots more activities. It is suitable for children and young people with disabilities and additional needs aged 3-16 years. Siblings are also welcome. There is no charge, 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. The sessions are funded by BBC Children in Need.

All Party Parliamentary Group on Autism inquiry

The All Party Parliamentary Group on Autism (APPGA) – a cross party group of MPs and members of the House of Lords – has launched an inquiry into education for children on the autism spectrum in England.

This follows a consultation that the NAS, working on behalf of the group, ran last year with autistic people and family members about their priorities for change. As part of that consultation, parents of children on the autism spectrum and those on the spectrum themselves, told them about the challenges they continue to face in getting the right educational provision in schools. They published the results in their School report 2016.

During the inquiry they'll be seeking views from people on the autism spectrum, parents and professionals. This will begin after the general election, once the APPGA has been re-formed in the new Parliament. Specific questions in the inquiry will focus on the challenge for local authorities in making sure the right mix of school provision is available in every area to meet the diverse needs of autistic pupils. It will also consider teacher training, access to education, health and care assessments and relationships between families and local authorities.

The APPGA's report and recommendations will be published in the autumn and the NAS want to hear the voices of as many people as possible. To contribute, email appga@nas.org.uk and ask to be added to the APPGA distribution list.

Rent a crowd needed!

Autism Hampshire needs to get some good photos for their website and are looking for a few people to be in the photos. They will be setting up photos, for example, someone with an alert card or a group pretending to be one of the social groups. Can you spare about half an hour to pop in any time between 1.00 and 4.30pm on **Tuesday 16 May**, at 3 Bassett Avenue, Southampton, where their Community Access department are based? **There will be cake and refreshments!!**

They need all sorts of people – so yes they do need you!! It would be really helpful to know if you are going to try and go along so please let Kathryn Cornish know at kathryn.cornish@autismhampshire.org.uk. No names will be used and they can set up photos without faces showing if preferred. All participants will need to sign a consent form to agree that they can use the photos on their website and in their publicity material. They would really welcome children and young people, but they will need to be accompanied by an adult (consent forms to be signed by a parent/guardian).

Get arty and make a difference!

Are you a teacher? Do you have young children? Do you want to make a difference by getting creative? If the answer is yes to any of the above, get involved in Mencap's brand new art scheme for schools, Get Arty! It is all about getting school children involved in fun art activities. It's a project with three simple aims: to get children enthused about art, more accepting of "differences" and to raise funds so Mencap can support more people with a learning disability.

It's easy to take part - just register with them and you'll receive a free Get Arty! pack, which includes: Art activities that are fun and easy to deliver • Lesson/assembly plans that you can adapt to your school's needs • Resources to teach children about learning disability – including a video and presentation • Various other creative and fundraising ideas that can be delivered in your school. For more information and to register for your pack, visit https://www.mencap.org.uk/get-involved/fundraising-and-events/get-arty?q=get-arty&utm_campaign=weeklyemail&utm_medium=email&utm_source=adestra or call 0808 808 1111.

The Autism Show 2017

This national event returns to London, Manchester and Birmingham in June. Attracting over 10,000 parents, carers, professionals and autistic people, the show offers specialist advice, information, products and services. This year's speakers include Dame Stephanie Shirley and Cheryl Gillan MP. Book at www.autismshow.co.uk or call 202 8882 0629. Quote NAS17 for members' discount. Children under 16 go free.

Sailability

They have the sun, the boats, amazing location, eager volunteers, they just need you! Active Nation is holding its sessions at Southampton Water Activities Centre, Floating Bridge Road, Chapel, Southampton, SO14 3FL every Monday from 6.00pm. It doesn't matter what disability, they have adapted boats and regular boats to give you the best sailing experience. Sessions cost £8 and are for all ages. So get out there and have some fun! For more information or to book, call 02380 915753.

Alice's Tea Party

Fun for all the family! For children/young people with SEND (ages 0-18) & their siblings. Half-day session to include interactive, multi-sensory walkabout performance and lunchtime games, craft activities & sensory tent (plenty of parking, hoist & changing facilities, secure venues). £5.00 per person.

At Limington House School, Basingstoke on **Tuesday 30 May** (12:45 to 3:15pm) and **Wednesday 31 May** (11:15am to 1:45pm or 12:45 to 3:15pm).

Also, familiarisation sessions for children and young people with autism. Quiet sessions with small groups exploring the sensory tent, craft & game activities. Please bring along a picnic. (The group will receive a backstage familiarisation visit of sets, props and characters. If your child is happy to stay you can pay to watch the afternoon performance at little extra cost). £8 (family of up to 4 persons) on **Tuesday 30 May**.

For full details visit www.head2headtheatre.co.uk/family-holiday-activities/may-half-term-2017.

Disabled Children's Partnership survey

Hampshire Parent Carer Network (HPCN) is part of the Disabled Children's Partnership, a coalition of over 30 organisations that campaign for improved health and social care provision for disabled children, young people and their families in England. They are asking you to spend a small amount of time answering some questions for their survey. They want to understand more about the day-to-day lives of disabled children, young people and their families and use this to help their campaign. Their ambition is to complete the biggest survey ever undertaken of families with disabled children.

If you can spare a few minutes to complete the survey, it would be very useful to them. Please answer all the questions and do so as accurately as you can. You can respond to the survey by visiting <http://bit.ly/disabledpartsurvey>. To support their campaign, or if you would like to find out more, please sign up for updates at <http://bit.ly/disabledpartnership>

Help with research

Priya Parmar is a postgraduate student at the Department of Psychology in Anglia Ruskin University investigating gender differences and the motivation for circumscribed interests (special interests) which can therefore contribute to research in Autism and diagnosis. If you wish to take part in the study or for further information, please visit https://aruspsych.eu.qualtrics.com/jfe/form/SV_6rsmwTnvGVOvgF.

Reminders:

Free Autism Support and Information Programme for parents

Hampshire CAMHS and Autism Hampshire invite you to a free programme of six sessions offering learning, support, and advice in various aspects of Autism during your child's assessment, or following their diagnosis. Each session will cover a different aspect of the condition with the aim of increasing your understanding of your child's unique way of looking at the world, and how this may show itself in how they behave. It is beneficial to start at the beginning and work through the first 5 sessions as they are designed to create a context for the final session which focuses on behaviour. If, however, you are unable to attend on any of the dates, you have the option of catching up next time around as this is a rolling programme. Each group is 3 hours long. The first part consists of a presentation on the given topic, after which there will be an opportunity to put questions to a panel comprising representatives from Autism Hampshire and CAMHS. If you prefer a less public forum, you may also book a 15 minute 1:1 slot with any of the panel members. If you have previously attended the round of presentations, or just wish to access support, you are welcome to attend the second part of the meeting separately for ongoing support. These groups take place in each of the seven Hampshire CAMHS areas – full details and dates can be found on our website at www.shantsnas.org.uk/Support/camhs

Parent Forum – Alex Kelly Ltd

Speech therapist, Alex Kelly, is running a programme of seminars at Speaking Space, Fleming House, Alma Road, Romsey, SO51 SEP from 7.00 to 9.00pm during the year. All the dates and topics can be found at <http://alexkelly.biz/2017/03/15/parent-forums-2017>. Entry is a £5.00 contribution at the door towards the costs and cake! If you are interested, email office@alexkelly.biz or phone on 023 8098 7134.

Partyman World of Play SEN sessions

Partyman World of Play (formerly Gambado), 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: **21 May, 25 June, 30 July, 27 August, 24 September, 29 October, 26 November and 17 December.**

Evening sessions will be held from 6.00 to 8.00pm on Wednesdays: **7 June, 5 July, 2 August, 6 September, 4 October, 1 November and 6 December.**

For more information or to book, call Jessica on 02380 018336 or email jessica.campbell@partyman.co.uk

Minecraft and Meltdowns Fun Fridays

Relax with your friends and family over coffee and meet members of Aspergers Adventures–Minecraft and Meltdowns. Plus, from Dobble to Warhammer, the expert Games Masters from Board in the City will help you rediscover how fun board games can be. Only £1 each to access the huge games library. Barista style coffee; WIFI; Meeecraft demos; homemade food and drinks; gluten-free and vegan options; quiet room; be yourself! At Board in the City, 38–40 Onslow Road, Southampton, SO14 0JG from 6.00 to 8.00pm on **26 May, 9 & 23 June, 7 & 21 July and 4 August.**

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

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

Dimensions autism-friendly cinema screenings

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

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>

Friends of In Touch

This registered charity in Eastleigh, funded by the BIG Lottery, supports children and young people with autism. The aim is to enable anxious or socially-vulnerable children and young people to feel more engaged with mainstream education and social activity by helping them develop self-confidence, self-esteem and coping skills. Lots of fun activities include cooking, arts and crafts, bushcraft, games, construction toys for the Junior group (9 to 13) and cookery, pamper evenings, film nights, quizzes, bowling, book club, sports, meals out and BBQs for the Senior group (13 to 21). Both groups are currently full but anyone interested in being added to the waiting list should contact info@friendsofintouch.org.uk or call 07474 539539.

Both groups meet at Y-Zone Youth Centre, Fair Oak on Tuesdays during term time (Juniors 4.30 to 6.00pm and Seniors 6.30 to 8.30pm). Holiday groups are also planned. For full details visit www.friendsofintouch.org.uk.

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 and sign up at 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 nearly £2000.**

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 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.

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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 | Website: www.shantsnas.org.uk
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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.