

Dear Friends

As always, we have details of our activities over the next month or so, plus other information that may be of interest.

It was great to see so many of you at our AGM and our open evening at Winchester Science Centre last month. The next month looks just as busy with lots of things happening in our local area.

We have advanced notice of a social skills course we are planning and a talk by autistic adult Ros Blackburn. Also, don't forget to have your say in the important Hampshire County Council Short Break Consultation – you have until 3 June to do so.

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.

Family Youth Club

Our next Family Youth Club takes place on **Saturday 19 May** at Chandlers 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

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. However, we are pleased numbers have started to increase recently, which is a good sign. 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.



LEGO club



Our next LEGO club is also on **Saturday 19 May** 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

Our next meeting is on **Monday 21 May** at Bishopstoke Evangelical Church at 7.30pm.

We welcome as our guest, **Rebecca Brown**, an ELTA therapist (Emotional Literacy Through the Arts) who works at Shepherds Down School. Rebecca will talk about the work she does and explain how this can help. ELTA, a therapeutic approach using the arts, provides a mechanism by which children can express themselves more effectively. It is sometimes easier to communicate using techniques such as storytelling and metaphor when facilitated using different art forms.

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 24 May** at Chandlers 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

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).

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.

Our recent events

60 people attended our AGM and listened to an excellent talk from our guest, **Sharon King**, who travelled down from Wakefield to be with us. She talked about her family's journey with autism, and additional needs. She explained how she fought to ensure the best provision was available for her children, and gave sound advice for other parents in a similar position. Sharon's positive and good-humoured approach was an inspiration to all those who attended. Sharon's new book, *How to Best Help an Autism Mum*, is available on Amazon at www.amazon.co.uk/How-Best-Help-Autism-Mum/dp/1787105075. Our annual report is now online at www.shantsnas.org.uk/News

We were delighted to welcome over 160 of you to our Open Evening at Winchester Science Centre. Everyone appeared to have a great time and also enjoyed the planetarium show. It was good that we could organise this event so that the Centre was not too full and everyone had space to enjoy themselves in a relatively calm environment.

We are now thinking about future events and we would be pleased to hear from members with suggestions of events we can organise. Please do get in touch.

Social Skills course

We are in the final stages of planning a 6-session Social Skills course for up to 8 children of our members on Saturday mornings in the autumn 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.

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. More details will follow soon but meanwhile reserve the date. Ros, an adult with autism, is an excellent speaker – it will be a very informative evening.

Meanwhile, their next monthly evening autism support group is on **Monday 14 May** from 7.30 to 9.00pm at Testwood Baptist Church, 283A Salisbury Rd, Totton, Southampton SO40 3LZ, then every second Monday of the month. The group aims to provide an opportunity for parents to meet up, have a chat, support each other as well as finding out 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, electronics workshops, pampering, local advice, chill-out zone, tea & cakes, 3D printing, board games. **Saturday 19 May** from 1.00 to 4.00pm at St James Methodist Church, St James Rd, Southampton SO15 5HE.

Rewilding Therapeutic Sessions for Carers

Have you ever noticed how nice it feels to be in the woods or wondered why you feel better in natural spaces? Then come along to a Rewilding session! Thanks to the support of Hampshire and The Isle of Wight Community Foundation, *Into The Woods Rewilding* is offering individual rewilding sessions. 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 **18 May** and **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 or call 023 8090 2400. For more information visit www.facebook.com/IntoTheWoodsRewilding/

New Tourettes Support Group for Parents

Ruth Thomas has started a support group for parents of children with Tourettes in Hampshire. The next meeting is being held from 2.00 to 4.00pm on **Saturday 19 May** at St James Park Community Room, Southampton. Contact Ruth at hampshiretourettes@outlook.com or 07786 094092.

Allsorts Youth Club

Allsorts Youth Club is for young people aged 12-19 years with a disability. The club is based in Romsey (near the Rapids). Allsorts is the perfect place to make new friends and to have fun whether it's joining in with a game of pool, art, sport or team games. The group meet **Wednesdays** from 6-7.45pm and costs £2 per session. For more information, please contact Youth in Romsey on 01794 500581 or email youthinromsey.yir@gmail.com

Growfest

A free-entry festival for adults with mental health and learning disabilities, organised by The GROW Project, at Royal Victoria Country Park on **Sunday 3 June** from 11.00am to 3.00pm. Last year's event was a great success enabling the opportunity to experience a live open air festival in a safe environment. Live Band - Big Town Boppers; Orange Rooms - Mocktail making; Sensory Tent; Cay & Als Sundaes; Raffle; Morris Dancers; BBQ; Plus lots more! For more information, email: sonja@srglimited.co.uk, telephone: 0330 133 0174.

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/, email office@speakingspace.co.uk or phone 023 8098 7134.

The Playhouse Foundation

The Playhouse Foundation provides young children with autism the opportunity to have an intensive educational home programme (Applied Behavioural Analysis) in the critical early years, which will support individual needs but without placing the entire financial burden on their families. They are able to offer two more families their bursaries to be able to provide up to 30 hours of an ABA home programme where their consultants and tutors can develop early communication through play-based activities. For more information, contact playhousefoundation@icloud.com

The NAS School Exclusions Service

This service provides information and advice for parents of autistic pupils who are either at risk of exclusion or have been excluded from school or college. The aim of their work is to help parents and schools work together, to overcome the barriers to inclusion and ensure that pupils' needs are met, thus reducing the number of autistic pupils excluded from schools. The NAS School Exclusions Service (England) offers advice and information on all aspects of school exclusion in England. This includes advice on:

- informal (illegal) exclusions;
- fixed-period and permanent exclusions;
- how to challenge your child's exclusion;
- what you can do if you are concerned that your child is at risk of exclusion;
- exclusion from school clubs and trips.

Make an enquiry or request a phone appointment by emailing schoolexclusions@nas.org.uk or phone 0808 800 4002. Leave a message on their answering service (free from landlines and most mobiles).



Last month, The National Autistic Society launched *Diverted*, the third ground-breaking film in their *Too Much Information* campaign. View the film at www.autism.org.uk/get-involved/tmi/film.aspx

Unexpected changes when taking public transport can be overwhelming for autistic people. For some, like Saskia in the film, the fear of unexpected changes could mean not even leaving the house.

Over the last year thousands of people have been pledging to make a small change to reduce the overload for autistic people. From giving people space when they appear anxious to using clear language when directing people – all these actions are having a direct impact. And now it's your turn.

If you've been inspired through Saskia's story to make a change on public transport, or maybe out with friends or in the workplace you can make a pledge at www.autism.org.uk/get-involved/tmi/actions.aspx

Once you've taken a pledge don't forget to share your pledge badge on social media to let others know how they can reduce the overload for autistic people. Building on the success of the last two years of the campaign, including seeing over 5,000 retailers commit to The National Autistic Society's Autism Hour, your actions can make a real positive change. Together we can help reduce the overload for autistic people.

Tell the CQC about your care

The Care Quality Commission wants to hear from people it doesn't usually hear from and so are running their 'Tell us about your care' project. This project aims to make it easier for autistic people, their families, and the professionals who support them to pass on information about the experiences and needs of children and adults with autism directly to the CQC. This will help the CQC to improve how services across the country support people with autism, including hospitals, dentists, GP practices, etc. This project has been set up so that anyone can tell the CQC about the care they receive, good or bad, so it can be used to help improve the overall quality of care provided in England. To have your say, please visit www.cqc.org.uk/share-your-experience

Research project for young people with autism

Cara Hens is a MSc Clinical Psychology student at Royal Holloway, University of London. She was wondering if parents would be interested in their children participating in a research study for her dissertation. The survey is focused on young autistic people's beliefs in their social abilities, friendships, social understanding and wellbeing. She hopes that by understanding more about how these factors link together young autistic people can be helped with their wellbeing. She is looking for 16–24 year olds to complete the survey. Anyone who takes part can join the prize draw at the end of the survey to win a £50 Amazon voucher. For more information contact Cara.Hens.2016@live.rhul.ac.uk.

The Autism Show

The Autism Show returns to ExCeL, London on **15-16 June 2018** 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.

Highlights include talks from Dr Olga Bogdashina, Co-founder, Programme Leader and Lecturer at the UK branch of the International Autism Institute; Freddie Adu, Headteacher at Queensmill School; Lauri Love, Computer Scientist, Political Activist and Autistic Individual; and actors Travis Smith and Lucy Gaskell from BBC's *The A Word*. You'll also be able take part in art and music therapy workshops, which are brand new to the show this year! For full details visit <http://london.autismshow.co.uk/>

Interesting articles from Network Autism

Resources to support autistic pupils with exams

Exams can be stressful for all students, but particularly for autistic children and young people who may struggle with revision and the exams themselves. Network Autism has put together a number of articles and resources for school staff on how to best support autistic pupils with exams. Visit <http://network.autism.org.uk/knowledge/insight-opinion/resources-support-autistic-pupils-exams>

Supporting independent travel

Callum McCrosson, Befriending and Mentoring Coordinator at The National Autistic Society Scotland, discusses some of the challenges autistic people may encounter when using public transport, and outlines some potential solutions that can be used to minimise stress when travelling. Visit <http://network.autism.org.uk/knowledge/insight-opinion/supporting-independent-travel>

'Social Thinking' and autism: an interview with Michelle Garcia Winner

Michelle Garcia Winner is the CEO and Co-founder of Social Thinking and a speech and language therapist who specialises in helping autistic students develop their social competencies. In this video interview, Michelle discusses the Social Thinking methodology and how it is different to teaching social skills. She explains what Social Behaviour Mapping is and how it can help autistic people. Watch the video at <http://network.autism.org.uk/knowledge/insight-opinion/%E2%80%99social-thinking%E2%80%99-and-autism-interview-michelle-garcia-winner>

Top five autism tips: flexi-schooling

Dr Clare Lawrence is a Senior Lecturer in Teacher Development at Bishop Grosseteste University and the author of *Autism and flexi-schooling* – a shared classroom and homeschooling approach. Here Clare gives her five top tips for anyone considering flexi-schooling for an autistic child or young person. Visit <http://network.autism.org.uk/knowledge/insight-opinion/top-5-autism-tips-flexi-schooling>

Musical Portraits 2018

If you are interested in art and music, this Turtle Key Arts, National Portrait Gallery and Wigmore Hall collaboration may be of interest. It is free and lots of fun! Join them during the summer holidays for Musical Portraits, a music and art project specifically designed for young people aged 10-14 years with Autism Spectrum Conditions. Musical Portraits 2018 is especially for those who have not previously had the opportunity to take part in this unique project. Over the course of four days you will get the opportunity to work with professional artists & musicians, create your own art and music as part of a group, individually using the portraits at the National Portrait Gallery as a stimulus, and perform the music you have created for an invited audience of friends and family. For an application form and more information visit www.turtlekeyarts.org.uk/mp

Friends of In Touch is still looking for Trustees and a Minute Secretary

Friends of In Touch is still looking for interested individuals to apply to join its Board of Trustees. Trustees make a commitment to regularly attend committee meetings on approximately 5 or 6 evenings annually. They are also looking for a volunteer Minute Secretary (to attend 5 or 6 trustees' meetings each year to take/prepare minutes).

It 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.

To find out more about applying to be a Trustee or Minute Secretary, please contact the Chair, David Carter, at chair@friendsofintouch.org.uk or visit <https://do-it.org/opportunities/8d63d4af-b335-48e9-86d7-faba152a7091>. For further information about the charity, visit www.friendsofintouch.org.uk.

Reminders:

Kidz to Adulz South

One of the largest, free UK exhibitions dedicated to children and young adults up to 25 years with disabilities and additional needs, their families, carers and professionals. 120+ exhibitors offering advice and information plus free CPD accredited topical seminars for parents and professionals. Topics include Sensory, Sleep issues, Behaviours that challenge, Autism, Transition, Employment. On **Thursday 17 May** at Farnborough International, Etps Road, Farnborough, GU14 6FD from 9.30am to 4.30pm. For full details visit www.kidzexhibitions.co.uk/kidz-south.

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>.

Hampshire County Council Short Break Consultation

Hampshire County Council is proposing to cut up to £1m from the £2.4m budget currently allocated to their Short Break Activities programme in 2019/20. That would equal a funding cut of over 40%. They are now holding a 12 week consultation to gather views on their proposed changes to Short Breaks. The Consultation will close at midnight on **Sunday 3 June**. Short Breaks are already operating on a shoestring budget. Funding cuts will reduce services further. We urge all of parents, carers and professionals to respond to the Consultation and let the County know how vital Short Breaks are for our families. The consultation is at <https://www.hants.gov.uk/shortbreakconsultation>.

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

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: **20 May, 24 June** and **22 July**. Evening sessions will be held from 6.00 to 8.00pm on Wednesday: **6 June** and **4 July**. For more information or to book, call Jessica on 02380 018336 or email 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 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/>

Autism-friendly performances

Don't forget The Mayflower Theatre's relaxed performance of **War Horse** on **Thursday 24 May** at 2.00pm. Contact: Box Office 023 8071 1811 or visit https://www.mayflower.org.uk/Whats_On

Disney's **The Lion King** will present its fifth dedicated autism-friendly performance in London on **Sunday 3 June** at 1:30pm. Visit www.thelionking.co.uk/autismfriendly for more information.

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 award-winning 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](#).

ActiveAbility Solent – New Timetable

Visit <https://www.activecommunity.org.uk/activeability> to see their timetable (April to June) 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, tenpin 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

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. 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 the weekend of **1-3 June**, 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, email 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-MUxgc 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 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 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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Whatever you buy online, you can raise free donations for us by simply buying through **easyfundraising** org.uk

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 | Facebook: <https://www.facebook.com/nassouthhampshirebranch> | 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.