

South Hampshire Branch

Dear Friends

Please find below all the latest information from our branch, along with other information that we hope you will find useful. We have news of a number of events coming up, including the Autism Show in London and, more locally, Hampshire Riding Therapy Centre's Open Day. Don't forget tickets are now available for a number of Autism Friendly theatre performances including the award winning *The Curious Incident of the Dog in the Night-Time* on Thursday 2 July at the Mayflower, Southampton. Also, please tell any teachers you know about the NAS *My World* resources.

We will, very soon, be letting you have details of some special events being planned for our 10th anniversary – so keep an eye on our website and future newsletters – these events will be available on a first come, first served basis!

Family Youth Club

Our next club is on **Saturday, 6 June** at Chandlers Ford Methodist Church from 3.30pm to 5.30pm. Children accompanied by their families are welcome.

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

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

£1.50 per child. Entry is via the children's garden at the rear of the church, next to the car park.

Full details, including a map, can be found at www.shantsnas.org.uk/Home/Family%20Youth%20Club

LEGO club



We next meet again on **Saturday 6 June** at Chandlers Ford Methodist Church.

To express an interest in your child joining the waiting list for this club, please complete the form (which can be found on our website at www.shantsnas.org.uk/home/lego).

PLEASE NOTE: We have been advised that, unfortunately, this type of therapy is not successful with children who have an ADHD or PDA diagnosis.

Support Group Meeting

Our next support group meeting is on **Monday 15 June** at Bishopstoke Evangelical Church at 7.30pm.

There will be plenty of time at our meeting to have a chat and to browse our Resource Library, comprising over 300 books, videos and DVDs on many aspects of autism and Asperger syndrome.

If you have any books due back or overdue, please don't forget to bring them along.

Our Southampton social groups

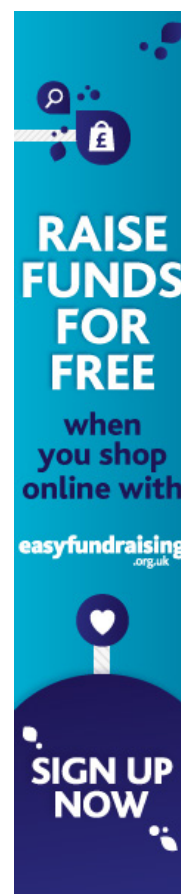
Children's social group

Meeting on **Tuesdays** from 6.30pm to 8.30pm. The group meet fortnightly (all the dates are on our website). An exciting programme of events is planned for the next few months.

Adult's social group

Meeting on **Tuesdays** from 7.00pm to 9.00pm. The group meet fortnightly (all the dates are on our website). Again, there are lots of plans this year for this popular group.

For more details of both of these social groups, email aspsq.shants@gmail.com or contact Sue on 023 8043 2612 or Tracey on 07532 282301. New members are always welcome to attend. Both groups meet at St Patrick's Church, Portsmouth Road, Woolston, Southampton, SO19 9BD.



Accept difference. Not indifference.

Hampshire Autism Voice Network

As you will know from previous newsletters, Hampshire Autism Voice (the parent/carer/people with autism group on the Hampshire Autism Partnership Board) have set up the HAV Network (www.hampshireautismvoice.org.uk/HAVNetwork) to enable people to be able to express their views on how autism is supported in the county – so this can be fed back to the Board.



Many thanks to those who responded to our first survey. We had 66 responses!

The main 3 priorities that came to the forward for development and improvement were diagnosis in children and young people, education (pre 16) and CAMHS. Most people had heard of the Autism Act and Hampshire's Adult's and Children's strategies for but did not know much about them. The majority of respondents were a parent/carer of someone with Autism under 18. The overall feedback from the survey was presented to the Hampshire Autism Partnership Board (HAPB) on 19 May 2015. Another survey will follow in the next quarter.

You can still join the HAV Network by contacting the administrator at admin@hampshireautismvoice.org.uk

Autism Ambassador Scheme

As previously reported, Autism Ambassador is a new scheme by the Autism Partnership Boards of Hampshire, Portsmouth & Isle of Wight to enable our communities to become Autism friendly (www.ascambassador.org.uk).



The Scheme was successfully launched in Eastleigh on Thursday 14 May 2015 and we were delighted to see some of our members taking part. On the day the volunteers were introduced to the Ambassador role, received Autism awareness training, pledged how they will make a difference and met fellow Ambassadors. There is a special launch event for Isle of Wight Ambassadors on Monday 22 June 2015.

NEW – Eastleigh GO! Club and GO! Club Minis

GO! welcomes children and young people with a wide range of learning difficulties and disabilities who live in Eastleigh to enjoy GO! Club. Fun for children and siblings alike! They have a variety of different sports, arts and crafts at each session – something for everyone! This is a short break so parents can leave their children with trained and friendly staff and volunteers.

Go! Club (8 to 18 years) and Minis (3 to 8 years) meet on Wednesdays until 15 July from 4.00pm to 6.00pm at Fleming Park Leisure Centre, Passfield Avenue, Eastleigh, SO50 9NL (siblings welcome). Cost: £5 per person

Booking is essential: call 01256 636 288 or email bookings@greatopportunities.org.uk

Hampshire Riding Therapy Centre Open Day, Eastleigh

Hampshire Riding Therapy Centre is holding an open day/fun day on **Sunday 28 June** from 10.00am to 4.00pm at their centre in Hensting Lane, Fishers Pond, Eastleigh, SO50 7HH. This is exclusively for disabled children and young people and their families. The cost is £1 per adult, 50p per child (under 3s free).

This family fun day will include: pony rides and displays • pony petting • bouncy castle • refreshment tent • BBQ • ice cream • dog agility • face painting • dog show – enter the family pooch • cupcake competition • coconut shy and other fun games, many more stalls and activities! For more information, contact Flick Homden at hfc@btinternet.com or phone 01962 777714.

Healios project

Dr Beatriz Lopez from the Autism Research Network at Portsmouth University is inviting you to a workshop on **Friday 5 June** from 2.00pm to 3.00pm to discuss an exciting new project for carers of individuals with ASD.

The aim of this meeting is to discuss details of the project, including what are the needs of carers. Ideally she would like a mix of carers of children/young people with and without learning disabilities. She would very much value your input on the structure and content of the service she plans to provide to carers and family members. It is an informal meeting where ideas will be put on the table to be discussed. The meeting take place in Southampton. Travel expenses will be reimbursed and refreshments provided.

Please let Beatriz know if you or your child would like to attend at beatriz.lopez@port.ac.uk.

The Autism Show

The Autism Show in Excel, London takes place on **Friday 12 and Saturday 13 June**. We will be there on the Saturday morning on the NAS stand – so if you're going, come and say hello! Don't miss this year's unrivalled programme of informative talks (including Melanie Sykes and Simon Baron-Cohen), practical workshops, one-to-one clinics, interactive features, and specialist products and services. Book your tickets today and save 20% off the door price. Visit <http://autismshow.co.uk/> for more information.

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 or to sign up at www.autism.org.uk/Working-with/Education/teacher-form.aspx.

Autism-friendly theatre performances

The Mayflower Theatre, Southampton, in association with The National Autistic Society, present a relaxed performance of *The Curious Incident of the Dog in the Night-Time* is on **Thursday 2 July** at 2.00pm. Tickets are £15.00 each (for more information visit www.shantsnas.org.uk/Diary%20dates). They also have a relaxed performance of their pantomime, *Aladdin*, on **Tuesday 29 December** at 1.30pm. Tickets are £9.00.



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

Also this summer Disney's award-winning musical, *The Lion King*, presents its third dedicated Autism-friendly performance at the Lyceum Theatre, 21 Wellington Street, London WC2E 7RQ. The performance is on **Sunday 30 August** at 1.30pm. Priority booking now open. To book, go to the website or call 0844 871 7615, Access 0844 871 7677 or Groups 0844 871 7644, Web: www.atgtickets.com/venues/london

Community First New Forest

Community First New Forest's **ASD meetings** take place at Ringwood Fire Station from 10.30am to 12.30pm on **Wednesdays 10 June** and **15 July**. Their **Grandparent meetings** are at Mr Eddy's Tea Rooms, Exbury Gardens from 10.00am to 12.00pm on **Mondays 15 June** and **13 July**. Also **Monday 22 June**, ASD Information Day at Lyndhurst Community Centre from 10.00am to 2.30pm – the event is open to parents, carers and professionals from across the New Forest and particularly welcomes parents with newly diagnosed children. Guest speakers will explore issues such as Education and Sensory issues and Anxiety. For information contact cypservices@cnf.org.uk or visit www.cnf.org.uk

Head 2 Head Multi- Sensory Theatre For All

Mischief in the wild woods: The wacky world of oz. For children and young people with special needs aged 2 to 19 years. Fun for all the family! An interactive, multi-sensory walkabout performance for children and young people with special needs age 2 - 19 years and their siblings on **Tuesday 18 to Thursday 20 August**. Contact: Hollywater School, Bordon, Hampshire, GU35 0HA Tel: 01372 278021. Mobile: 07519 747 290
Email: h2office@gmail.com or visit www.head2headtheatre.co.uk/family-holiday-activities

Applied Behavioural Analysis (ABA) charity

An Applied Behavioural Analysis (ABA) charity is hoping to be set up to provide young children with autism the opportunity to have a highly effective tailor-made programme, which uses techniques and principles to bring about meaningful and positive change in behaviour. They aim to equip young children with the skills required to socially interact with others and build on learning. The charitable object of their foundation will be to provide bursaries for means-tested children with autism between the ages of 2 and 5 years old within Hampshire with intensive ABA therapy. The charity will also consist of opportunities to promote education and evidence based information through fund raising events to families, professionals and the general public. Their next steps are:

- Sourcing families: They have bursary funds to offer means tested Hampshire based families with an income of less than £50,000, who are keen to start an ABA programme. These bursaries are for children between the ages of 2 to 5 and have an autism diagnosis.
- Sourcing tutors: They are able to offer full or part time work schedules with families based in Hampshire to experienced and inexperienced tutors for whom training will be provided.

For further information email either Giles or Vicky at charityaba@outlook.com

Hampshire Care Act Advocacy www.hampshireadvocacy.org.uk

Hampshire Advocacy Regional Group (HARG) is a consortium of community based, independent advocacy organisations that have been providing county wide advocacy in Hampshire since 2007. Care Act Advocacy is available to people who: have substantial difficulty in being fully involved in Local Authority processes AND where there is no-one appropriate available to support and represent their wishes.

Advocates can support people to participate in: Accessing Hampshire County Council (HCC) Adult Services information and advice • A needs assessment • A carers assessment • Care planning • Review of a care plan • A child's needs assessment • Safeguarding enquiry or review. The service is for all care groups including: Learning Disability • Autism • Older people • Physical Disability • Substance misuse • Carers (inc Young Carers) • Young People 16-18 in transition to Adult Services. It does not include adults with mental health issues who will receive Care Act Advocacy from Solent Mind.

For more information, telephone 02380 783715 or email hello@hampshireadvocacy.org.uk.

Reminders:

Hampshire Local Autism Directory

The Local Autism Directory (LAD) is funded by Southampton, Hampshire, Isle of Wight and Portsmouth (SHIP), 8 CCGs and Adult Services, Hampshire County Council. Information within it covers children and adults. **Visit the LAD** at <http://www.autismhampshire.org.uk/local-autism-directory/directory/>

Friends of in touch

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

New Forest Spectrum 3-day Music Festival

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

Challengers Summer Term – Spaces Still Available – Book Now!

Challengers is a charity providing play and leisure for disabled children and young people (2 to 25 years) across Hampshire, Berkshire, Surrey, Southampton and surrounding areas. There are still spaces available at their local schemes in Southampton and Eastleigh running from April to July. To see what is available and to book the dates that you would like visit <https://bookings-challengers.org>.

NAS Surrey Branch conference

This popular event is being held on **Saturday 3 October** at the University of Surrey in Guildford. The theme is: *Anxiety and Anger in Autism – causes, consequences and how to reduce them*. The keynote speaker is Dr Wenn Lawson (formerly Wendy Lawson) who will speak about the topic as a whole. They suggest donations of £30 for parents/carers/people with ASD, and £60 for professionals, reduced by £5 for those booking before 31 May. Full details and booking forms are available at <http://www.mugsy.org/2015conference>

Our Resource library



Our library is available to members at our support group meetings and a small selection is available at our family youth club. Members can join the library for a one-off donation of £5. We have just purchased over 40 new books which will be added to the library in the next few weeks, bringing the total number of books, videos, DVDs and games to around 350 items. Up to 3 items may be borrowed for a maximum loan of 2 months. We do ask that items are returned promptly to enable others to borrow them.

Calling all coffee drinkers!

Do you, your friends or colleagues use Tassimo coffee machines? If so, you can help us raise funds.

Tassimo wants to save TDISCs and outer flow wrap packaging from going to landfill. For the total weight of the TDISCs and outer foil packaging we collect, we get TerraCycle points which are converted into cash for us. To date we have raised around £400.

Please bring along your TDISCs and outer flow wrap packaging (they do not have to be cleaned) to any of our meetings/activities. Even better, get all your friends involved too.

Also, if you have a link with a local supermarket or place where a collection bin could be situated, please let us know.



Help us boost our fundraising

This is a great way to raise money for us for free, simply by shopping online through a website called easyfundraising.

Whenever you buy anything online (e.g. presents, groceries, clothes, books, train tickets, hotel rooms, etc.) you can raise a free donation for our Branch. There are over 2,700 retailers registered with the site, including Amazon, John Lewis, eBay and Tesco who will donate a percentage of what you spend to us to say thank you for shopping with them.

1. Sign up – go to www.easyfundraising.org.uk/causes/shantsnas 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.