

Dear Friends

*Please find details below of our activities over the next month or so plus other information that may be of interest. Apologies for the delay in getting this out to you – it has been a hectic month for us!*

*In particular we hope you will support the Hampshire Autism Voice survey, if this applies to you, as it is gathering important information about educational provision in the county.*

*Also we look forward to hearing more about the NAS's new campaign at our next support group meeting.*

*We hope you will support the Big Day Out in Southampton (we will be there), and there is advance news of a special information day about women and girls with autism organised by our friends at the NAS Surrey Branch in October.*

## Hampshire Autism Voice Surveys

As previously announced, Hampshire Autism Voice have another survey underway which is about educational provision for children with autism – a topic close to many of you, we are sure! It will take 15-20 minutes to fill in and will close on **13 June 2016**.



Hampshire  
Autism Voice

The survey can be accessed at <https://www.surveymonkey.co.uk/r/PCX9KZC>

We hope as many of you as possible will participate as we want to gather as much information as possible about this topic so we can present the results to the Hampshire Autism Partnership Board. Please feel free to forward to any other interested parties to circulate as widely as possible so that we get a good response.

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.

### Previous survey

The full results of the last Hampshire Autism Voice survey on Services for Adults (age 18+) with Autism is available on the HAV website at [www.hampshireautismvoice.org.uk](http://www.hampshireautismvoice.org.uk)

### Adult Autism Support Service

A further survey concerning support for adults with autism in Hampshire will be circulated shortly. This survey will be specifically to gather information about what is required from an Adult Autism Support Service, following the recent concerns about withdrawal of funding for the service previously grant-funded by Hampshire County Council. We need evidence so we can put pressure on HCC to properly support this service which can make such a difference for adults with autism.

## Family Youth Club

Our next Youth Club takes place on **Saturday 4 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 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)

## LEGO club

Our next club is also on **Saturday 4 June** 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.

## Our AGM

We were delighted to see so many of you at our AGM in April and to welcome our guest, **Dr Beatriz López**, Associate Head for Innovation, Department of Psychology, University of Portsmouth. Beatriz's very interesting presentation, *Predictors of outcomes in adulthood for children with autism*, can be downloaded from our website at [www.shantsnas.org.uk/Home/SupportGroup](http://www.shantsnas.org.uk/Home/SupportGroup).



## Support Group Meeting

Our next support group meeting is on **Monday 20 June** at Bishopstoke Evangelical Church at 7.30pm.

We welcome as our guest **Henry Barnes, Area Policy and Participation Officer – South West for The National Autistic Society**. Henry will be travelling from Bristol to tell us all about the NAS **Too Much Information** campaign which was launched in April and will run for the next 3 years, so we hope many of you will be able to make this special evening. There are lots of exciting plans to try and improve the understanding of autism throughout the UK.



The aim of TMI is to improve the lives of autistic people and their families by changing public perceptions, attitudes and behaviour towards them. Over the course of three years, the NAS will be fundraising, improving access to community facilities and trying to remove barriers to employment as well as undertaking a whole host of activities designed to improve understanding of autism.

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.

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.

## Big Day Out

Following last year's very successful day, run by the *Aspergers adventures-minecraft and meltdowns* Facebook group, another day is taking place on **Saturday 25 June** from 1.00 to 4.00pm at St James Methodist Church, St James Rd, Southampton, SO15 5HE. Entry is free for autism families.

The purpose of the day is:

- free, fun family time in an inclusive environment
- support from local organisations for autism families
- promotion of organisations and groups to this target audience and in the media

There will be stands from the following organisations:

- |                       |                    |                                     |
|-----------------------|--------------------|-------------------------------------|
| • Our NAS branch      | • Autism Hampshire | • Rose Road Association             |
| • Freemantle Timebank | • So Make It       | • Mencap/SIAS/Carers In Southampton |

Plus activities from:

- |                       |   |                                  |
|-----------------------|---|----------------------------------|
| • Re:Minds messy play | • XRobots                                       | • Embecosym electronics workshop |
| • Tech Age Kids       | • Block Party                                   | • So Make It                     |
| • Board In The City   | • Guy and the Stupendous South Coast Cosplayers |                                  |

To help the day be autism friendly there will also be:

- |  |                   |                   |
|--|-------------------|-------------------|
| • makaton signs  | • chill out space | • shoe park       |
| • social story   | • free dress code | • no sudden bangs |
| • chewys, ear defenders, pushchairs and any other aids all welcome |                   |                   |

## 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 and more for the junior group and cookery, pamper evenings, film nights, quizzes, bowling, book club, sports, meals out and BBQs and more 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. Please do not just turn up at the youth centre without having contacted Chris.

## 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 (at the entrance to Wildern School, Wildern Lane, Hedge End).

The group meet every Monday 5.30pm to 8.00pm. It will help young people with Autistic Spectrum difficulties/SEN or confidence issues. The aim of the group is to support young people to engage in a range of activities, aimed at enhancing their life and social skills; enabling them to reach their full potential. Young people will be able to take part in cookery, arts and crafts, table tennis, films, games, trips, music, recreation and fun activities!

The youth project is run by staff/volunteers who offer a wealth of experience in working with young people with additional needs. All staff/volunteers hold a valid and enhanced DBS certificate. Membership to the group 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).

## 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/>.

## GO! Club and GO! Club Minis in Eastleigh

GO! and GO! Club Minis welcomes children and young people, ages 3 to 7 (Minis) and 8 to 18 years, with a wide range of learning difficulties and disabilities who live in Eastleigh. This is a short break so parents can leave their children with their trained and friendly staff and volunteers. Fun for children and siblings at Fleming Park Leisure Centre, Passfield Avenue, Eastleigh, SO50 9NL, from 4pm - 6pm on Wednesdays **8 and 22 June and 20 July**. Cost: £5 per person. Booking is essential. Call: 01256 636288 or email: [bookings@greatopportunities.org.uk](mailto:bookings@greatopportunities.org.uk) and for further details visit [www.greatopportunities.org.uk](http://www.greatopportunities.org.uk).

## Supported Internships Awareness Event

You are invited to attend a good practice event for Hampshire County Council and Isle of Wight Council on **Wednesday 8 June**, from 10.00am to 1.00pm at Ashburton Hall, Elizabeth II Court, Winchester, SO23 8UG.

Colleges across Hampshire and the Isle of Wight are now offering Supported Internships, which are employment programmes for young people with learning difficulties or disabilities. Come along and find out what colleges in the local area are doing. There will be two guest speakers and a buffet lunch will be provided at the end of the event. This is a great opportunity to talk to college staff and young people who are already on the Supported Internship pathway about their experiences.

To book your place on this exciting event, please visit <https://www.eventbrite.co.uk/e/supported-internships-awareness-event-tickets-24918000410?ref=ecount>

## 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 are as follows: Inspiring You Weekends: **17-19 June; 5-7 August; 2-4 December and 9-11 December** (Christmas weekends); **24-26 February**. 1 night camping experience: **7-8 August; 10-11 September** (including Family Olympics). For more information visit <https://www.avontyrrell.org.uk/index.html> or call 01425 672347.

In addition to the Inspiring You weekends, they are also able to offer additional support to enable young people to attend the Funday sessions throughout the year. These Funday events are a great way to develop independence and confidence, while experiencing some of the activities Avon Tyrrell has to offer.

## NAS Surrey Branch information day

On **Saturday 1 October**, our friends at the NAS Surrey Branch are holding an information day about Women and Girls with Autism. Speakers include:

- Sarah Hendrickx, who many people may have seen on TV or heard on the radio talking about her experiences as a woman with Aspergers. She will be talking about how women and girls with autism can develop social and personal relationships, from childhood friendships to complex adult interactions.
- Dr Louise Connor, Independent Chartered Consultant Clinical Psychologist, on diagnostic assessment for women and girls.
- Bettina Stott, manager of the NAS ASSIST service, on strategies and support for adult life.
- Sarah Wild, Headteacher of Limsfield Grange School, on educating girls with autism.

There will also be an opportunity to hear from other people who have autism, including Marianne Scallon, co-chair of Surrey's Autism Partnership Board. Lastly, there will be an open forum when those attending can ask questions on any topic that concerns them.

The event is being held at Leatherhead Leisure Centre, from 10.00a.m. to 4.30p.m. Tickets, including lunch, for parents/carers/people with autism are £30. For Professionals (including care staff): £60.

To book go to: <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.

## Autism and University

One of our members has recently found a link to a project helping/supporting autistic students at university at [www.autism-uni.org/bestpractice](http://www.autism-uni.org/bestpractice).

## Parent Workshop – Supporting Your Child With Autism at Home, Andover

Due to popular demand, this FREE parent workshop is back and is being held at Norman Gate School, Vigo Road, Andover, SP10 1JZ on **Thursday 30 June**, 9.30am-2.15pm. This course is specifically designed for parents and will provide an insight into autism and Asperger syndrome and how this affects your child. The aim is to provide you with a range of practical strategies to support your child in the home environment. Lunch and refreshments are provided. To book a place, please contact Paula Roskilly on 01264 323423 or email [P.Roskilly@normangate.hants.sch.uk](mailto:P.Roskilly@normangate.hants.sch.uk). Places are limited and will be allocated on a first come first serve basis.

## Artistic! Basingstoke

'Artistic!' is a programme designed for children with autistic spectrum conditions or those with additional needs aged 7-19 years. It is held every Saturday (term time only), 1.00 to 2.00pm, at the Proteus Creation Space, Council Road, Basingstoke, RG21 3DH. The programme gives the children and young people a great opportunity to express themselves and create visual arts using a range of materials. By taking part in the project they can also work to achieve an Arts Award 'Discover' qualification. Most importantly they will have lots of fun making art! All abilities are welcome. The cost for each session is £6 per participant. For more information contact Sarah by emailing [sarah@proteustheatre.com](mailto:sarah@proteustheatre.com) or call 01256 354541.

## Three hours in the House of Commons: the TMI Parliamentary Debate

On 28 April, Chair of the All Party Parliamentary Group on Autism (APPGA) and National Autistic Society champion Cheryl Gillan MP led a three-hour debate in the House of Commons that focused on improving autism understanding in the UK and the NAS' *Too Much Information* campaign. As well as talking about the impact that better understanding of autism would have for autistic people and their families, MPs highlighted the importance of every teacher being trained in autism and improving autism diagnosis waiting times. For more details visit <http://www.autism.org.uk/get-involved/media-centre/news/2016-04-29-tmi-debate.aspx>

## Anna Kennedy talk

An interesting and inspiring talk by Anna Kennedy is now available online at <http://annakennedyonline.com/3971-2/>.

Being diagnosed with autism isn't the end but the beginning of an incredible journey. Anna Kennedy shares her 20 years of living with 2 sons with autism who have gone from coming to terms with it to succeeding and achieving in school and in life. Everyone with autism deserves a chance.

## 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 19 June, 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.

### Abundance Music Festival CANCELLED

Regrettably the Abundance festival production team have been put in a position where they have to cancel the festival which was to have been held in July.

### 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).

### The Eastleigh Social Group

Part of the Serendipity Social Groups Project run by Autism Hampshire, the Eastleigh social group is for people 18 or older who have high functioning autism or Aspergers. They meet at the Eastleigh Wellbeing Centre fortnightly on Friday afternoons from 1.30 to 3.30pm. For more information contact: Eastleigh Wellbeing Centre, 111 Leigh Road, Eastleigh, Hampshire, SO50 9DS, Tel: 023 8063 3951, Email: [Jamie.pratt@autismhampshire.org.uk](mailto:Jamie.pratt@autismhampshire.org.uk)

### Autism Alert App

The Autism Alert App, from Autism Hampshire, enables people with autism to share information about their autism and support their autism. It can be used by young people and adults who live in Hampshire (including Southampton, Portsmouth and Isle of Wight). It functions on a smartphone and you can also have an Alert Card. It can be used to explain your condition to the emergency services, any professional, family member or friends who you choose to share it with. Contact Community Access team on 02380 633951 or email [communityaccess@autismhampshire.org.uk](mailto:communityaccess@autismhampshire.org.uk) for an application form. For further details visit <http://www.autismhampshire.org.uk/assets/files/Outreach/Project/Insert%20-%20Community%20Access%20Helpful%20Apps%20&%20Smart%20Phone%20Loans.pdf>.

## 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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*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.*