

Dear Friends

Welcome to our last full newsletter of 2017. However, we will continue to issue updates as and when necessary for the rest of the year. As always, we have details of our activities over the next month or so, plus other information that may be of interest.

We particularly look forward to seeing some of you at our support group meeting on Monday, when we feature a film 'premiere' (see below)!

Support Group Meeting

Our next meeting is on **Monday 20 November** at Bishopstoke Evangelical Church at 7.30pm.

We will have a 'World Premiere' showing of a film about our recent Autism and Mental Health consultation! The film features a number of branch members and adults with autism talking about their experiences. This film will be formally released next week and we hope it will be seen by many health professionals.

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.

New Branch Facebook page

At last we have dragged ourselves into the 21st century and launched our own Branch Facebook page! We will regularly be posting information and news on this page (in addition to our regular newsletters and emails). Visit <https://www.facebook.com/nassouthhampshirebranch> and 'Like' and 'Follow' our page.

Family Youth Club

Our next, and final Family Youth Club of 2017 takes place on **Saturday 2 December** at Chandlers Ford Methodist Church from 3.30pm to 5.30pm. Children accompanied by their families are welcome.

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

Please note: there will be no Family Youth Club in January, so the next will be on **Saturday 3 February 2018**.

LEGO club



Our next club is also on **Saturday 2 December** 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.

Please also note: there will be no Lego Club in January, so the next will be on **Saturday 3 February 2018**.

Our Southampton social groups

Both our Children's and Adults' social groups meet 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).

Donation to branch

Many thanks to branch member and local artist, Carolyn Viney, for raising a magnificent £313 for our branch funds during her Hampshire Open Studios event held during the summer. This is the second year running Carolyn has supported our branch in this way and we are most grateful.



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The employment campaign

Just 16% of autistic adults are in full-time paid employment. And, in almost a decade, this appalling situation hasn't improved. The National Autistic Society is determined to change this.

An internship for autistic graduates at Deutsche Bank UK

Dr Anna Remington and Prof Liz Pellicano outline the results of research conducted by the Centre for Research in Autism and Education (CRAE) in collaboration with Deutsche Bank UK which recently launched an internship programme for autistic graduates. They suggest what might be done to further improve workplace experiences of autistic individuals. Their report can be viewed at <http://network.autism.org.uk/good-practice/evidence-base/internship-autistic-graduates-deutsche-bank-uk>.

Managing Anger Parent Seminar

As previously announced our Managing Anger Parent Seminar on **23 November** was so popular that it filled within an hour and a half (and now the waiting list is also full)! Should anyone drop out in the next few days, we will immediately contact the next person on the waiting list.

Partners group

We have been investigating starting up a support group specifically for partners of people with autism (whether the partner is diagnosed or not). A number of you have expressed an interest in this. In the next few days, we hope to be able to announce a date for an initial meeting of this group. The meeting will be for the partner of the person with autism only (**not** the person with autism themselves). At the meeting, we will plan how we can take this group forward and when regular meetings can be held. We will email as soon as possible with all the details.

Chris Packham: Asperger's and Me

If you missed this amazing film, recently shown on BBC2, it is still available on the BBC iPlayer until **21 November**. Visit www.bbc.co.uk/programmes/b09b1zbb

Sensory4all and Cycles4all

This winter Sensory4all and Cycles4all are excited to announce a new after school activity for children aged 8-11 with autism or special educational needs. Sensory Cycle Circuits will provide cycle-related activities to stimulate the senses and inclusive cycling using a variety of different bikes. There are limited spaces available (10 children per session) and they are now accepting bookings! Sessions cost £5 per child, and will be running every Monday from 20 November until 18 December, 4:30pm-5:30pm. Please email sensory@paviliononthepark.org or call 02380612710 to reserve your places. Come and explore your senses!

DRAMA @ The Point, Eastleigh

Blue Apple is an award-winning theatre and dance company creating imaginative work with and by people with learning disabilities. They deliver a range of professionally led theatre and dance sessions for all abilities across the region. www.blueappletheatre.com. If you enjoy making plays and trying out different types of theatre techniques then this group is for you.

The weekly sessions, Tuesdays 10.30am to 12.00pm, are open to all – no previous experience of theatre or drama is needed, and definitely no auditions! Just come along and enjoy. Support workers and carers welcomed!

These classes will support participants to:

- develop drama and theatre skills in a friendly and social atmosphere
- boost self-confidence, creativity in a fun and stimulating environment
- create their own performance pieces with the ambition to produce new shows to perform for audiences

There are limited spaces available so places are offered on a first-come/first-served basis. In order to join, please contact admin@blueappletheatre.com or call 01962 866 071. Sessions costs £5 per week, with one session free for those paying in advance for the whole term.

Autism Friendly Chill Out Session at Woolston Library

This is being held on **Saturday 2 December**, 11.00am to 1.00pm, at Woolston Library, Victoria Road, Woolston, Southampton. The library's meeting room will be set up with low level lighting and with large and portable sensory equipment available. Comfy bean bags and a range of books will be utilised to create a comfortable calm space for families to use, either to stay in or dip in and out of as they use the full range of library resources and services elsewhere in the building.

PEDALL – New Forest Inclusive Cycling

PEDALL offer a cycling experience for those who struggle physically and mentally to get out and ride, they have a fleet of specially design cycles which enable all to get out and experience cycling in the New Forest. They can offer one-off sessions or a 6-week programme. They also have Starter Sessions and Guided rides running, the dates for these are on their website www.pedall.org.uk.

Sessions are on Mondays, Wednesdays and Fridays and on Saturdays where there is already a Starter session or Guided ride scheduled. The time slots are 1.5 hours long and they offer 4 throughout the day (9.30–11.00/11.30–13.00/13.30–15.00/15.30–17.00). If you are interested in taking part in a ride please contact Gareth Jones, Inclusive Cycle Ride Leader on 07920 562750 or email gareth.jones@newforestnpa.gov.uk to discuss dates and times.

Autism Nurse Specialist for University Hospitals Southampton NHS Foundation Trust (UHS)

We are delighted to hear that the University Hospitals Southampton NHS Foundation Trust has appointed an Autism Nurse Specialist. Emma Hibbitt has been appointed to this new post, based at Southampton General Hospital. Emma will be our guest at our first support group meeting of 2018 on **Monday 15 January**.

A visit to hospital can be an overwhelming experience of lots of different people, noises, smells, strange machinery, new rules, invasive procedures and complex information. This is a new role for the trust to ensure they gain compliance with the Autism Act (2009) by training staff in the needs of people with autism and advising on how they can best support patients whilst they are in hospital. Emma will also be setting up an Autism Liaison Service to support individuals accessing trust services. She is keen to work in collaboration with people with autism spectrum disorders and their carers and other professionals working with people with autism in the development of this new service and would be grateful for any thoughts and feedback. If you would be interested in supporting this venture, please contact Emma at Emma.hibbitt@uhs.nhs.uk.

Preparing for Christmas

Christmas can be an exciting and fun time, but an autistic person may be confused or distressed by all the new activity. View a list of tips that may help you through the festive period at www.autism.org.uk/about/family-life/holidays-trips/christmas.aspx.

Autism-friendly Christmas performances

There are a number of autism-friendly performances across our region in the coming month or so:

The Mayflower Theatre's pantomime is 'Snow White and the Seven Dwarfs' starring Craig Revel Horwood as the Wicked Queen – there will be a relaxed performance on **Tuesday 2 January** at 1.00pm. On **Saturday 12 January** there will be a relaxed performance of 'The Snowman'. Also, we have advance notice that there will be a relaxed performance of 'War Horse' on **Thursday 24 May 2018** at 2.00pm. Contact: Box Office 023 8071 1811 or visit https://www.mayflower.org.uk/Whats_On

The **Theatre Royal**, Winchester is staging a relaxed performance of Peter Pan on **Thursday 14 December** at 1.30pm and **Monday 1 January** at 2.30pm. Visit www.theatreroyalwinchester.co.uk or ring 01962 840440.

Southampton's **Nuffield Theatre** is staging a relaxed performance of the Olivier award nominated West End hit, Jacqueline Wilson's 'Hetty Feather' at 2:00pm on **Wednesday 3 January**. Contact 023 8067 1771 or visit <https://www.nstheatres.co.uk/whats-on/hetty-feather>.

The **New Theatre Royal**, Portsmouth's relaxed performance of 'Beauty and the Beast' is on **Friday 29 December** at 2.00pm. Contact 023 9264 9000 or visit <https://www.newtheatreroyal.com/performances/beauty-and-the-beast>

The Haymarket, Basingstoke's relaxed performance of 'The Night Before Christmas' is on **Saturday 9 December** at 4:00pm. Contact 01256 844244 or visit <http://www.anvilarts.org.uk/thenightbeforechristmas>

The Anvil, Basingstoke's relaxed performance of 'Peter Pan' is on **Tuesday 2 January** at 2.00pm. Visit www.anvilarts.org.uk/peterpan

Chichester Festival Youth Theatre relaxed performance of 'Beauty and the Beast' is on **Sunday 31 December** at 11.00am. Contact 01243 781312 or email box.office@cft.org.uk

NHS Autism and Deafness Research Project

Research assistant with the Child Orientated Mental Health Intervention Centre, Amelia Ralph-Lewis, is looking at diagnosing autism in deaf children. The centre has worked with international experts to adapt three autism assessment tools to make them more accessible for deaf children and young people. Surprisingly, current assessment tools have not been designed with deaf children in mind and many are often misdiagnosed or not diagnosed at all! They hope that this research will help them to develop better assessment tools, understand more about how autism presents in deaf and hearing children and support families in receiving the right support. They are currently recruiting deaf children with autism and hearing children with autism. If you can help, have any questions or would like to chat further then please get in touch with Amelia at Amelia.Ralph-Lewis@nhs.net, Text-Only: 07973 630595.

Special Needs Trampolining Sessions

These trampolining sessions are for children with additional needs only, aged 5-16 years. They are being held at Mountbatten Community School, Whitenap Lane, Romsey, SO51 5SY, **every Wednesday** from 6.00 to 7.00pm. Learn a range of moves and techniques to make into a routine. If your child is unsure, they are happy to offer a FREE taster session. For more information and to book, call the Community Office on 01794 523037 or email community@mountbatten.hants.sch.uk.

The Romsey Opportunity Group – Spaces Still Available

The Romsey Opportunity Group is a free group that encourages children (0-5) with a wide range of Special Needs (physical, emotional, and sensory disabilities) to learn to play and socialise with each other, with input from professionals, such as Speech Therapists, Physiotherapists, and Portage. Parents are also invited and encouraged to come along as well to access advice, support, encouragement and friendship. The Group meets on Tuesday and Thursday mornings, 10.00am to 12.00pm, at the Appletree Centre, Princes Road, Romsey, SO51 8DS and there are spaces available in both sessions at the moment for next term. For more information please contact either Lyn Bird (Family Co-Ordinator) on 02380 410792 or email lbird@me.com or Mavis Watts (Children Co-Ordinator) on 01794 322877 or email mavis@maviswatts.co.uk. Access their website at www.romseyopgroup.org.uk or their Facebook page at <https://www.facebook.com/search/top/?q=romsey%20opportunity%20group>.

New Forest Parents' Meeting

This Parent Group's next meeting is scheduled for **Thursday 30 November** from 7.00 to 9.00pm at Milford on Sea Library, Village Hall, Park Road, Milford on Sea, Hampshire, SO41 0QU. There is a large pay and display car park in the centre of the village, which is just around the corner from the Library. At this meeting they will be discussing survival tips for the holidays. For more information and to let them know you would like to attend, contact office.sjtealconsultancy@gmail.com.

Free flu vaccines for people with learning disabilities

People who have a learning disability can be more susceptible to the effects of flu and are therefore at increased risk of developing complications such as bronchitis or pneumonia.

Anyone with a learning disability is entitled to receive a free vaccination. Carers of anyone with a learning disability are also entitled to the free vaccination. The vaccine offers the best level of protection from the flu virus, and it's important to have the vaccine every year.

Now is the time that GP practices are carrying out vaccinations for those at risk and inviting them in to be vaccinated. Anyone who is defined as being in an 'at risk' group should contact their surgery and arrange an appointment to have the vaccine. Having the vaccine sooner provides the individual with protection over a longer period of time; it also helps reduce the chances of spreading the virus to family and friends.

For further information on the flu vaccine, please see the NHS choices website at <https://www.nhs.uk/Conditions/vaccinations/Pages/who-should-have-flu-vaccine.aspx>.

Celebrating the voice of SEN pupils

Gianna Colizza is Headteacher of Geshar School, in an article for Network Autism, she outlines the importance of recognising and celebrating the voice of the child in education, especially children with Special Educational Needs (SEN) and gives various suggestions and tips on how to easily achieve this in the classroom. View the article at <http://network.autism.org.uk/knowledge/insight-opinion/celebrating-voice-sen-pupils>.

Reminders:

Autism an Untapped Resource – Free Workshops for Business Owners, HR Directors, etc

Autism Hampshire's Employment Pathway project is running Hampshire-wide workshops to empower Business Owners, HR Directors and those with Recruitment and Selection responsibilities to better understand autism and how they can support people on the autism spectrum through the recruitment process and into work. The workshops are on the following dates – please spread the word to any businesses you know:

Tuesday 5 December – Eastleigh/Southampton; **Monday 18 December** – Whiteley;

Tuesday 16 January – Portsmouth north

Prior booking is required. One Candidate FREE per organisation. Subsequent candidates £25 each. For further details and to book, contact kaye.adamson@autismhampshire.org.uk. For further information visit <https://www.autismhampshire.org.uk/how-we-can-help/learn-new-skills.html>

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. Entry is a £5.00 contribution at the door towards the costs and cake! All the dates and topics can be found at <http://alexkelly.biz/2017/03/15/parent-forums-2017>. If you are interested, email office@alexkelly.biz or phone on 023 8098 7134.

Alex Kelly Ltd, are also running a series of Social Skills groups for primary age children, secondary age young people and adults at their base in Romsey. Leaflets about these groups can be downloaded from our website at www.shantsnas.org.uk/News/Newsarchive#031017_01

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 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. 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

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/>

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. All customer-facing Swan Centre staff have undergone training from our NAS Branch to help them understand the issues that people with autism face in a busy shopping centre and have an understanding on how to support customers with sensory issues.

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: **26 November** and **17 December**. Evening sessions will be held from 6.00 to 8.00pm on Wednesday: **6 December**.

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

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 *Inspiring You* 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 funding from Hampshire County Council, they are able to offer this for just £55pp. If you live outside of Hampshire, they would love you to join them too, so please contact them for alternative pricing. Breaks are being held on **8–10 December** and **15–17 December**. For details and to book, contact H info@ukyouth.org or online by visiting https://www.avontyrrell.org.uk/inclusion_weekends.html or call 01425 672347.

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.

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; Meepcraft 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 **24 November**.

Get ready for World Autism Awareness Week 2018

World Autism Awareness Week 2018 will be **26 March–2 April!** If you would like to keep up-to-date with important information about the week, please sign up using the NAS' enquiry form at www.autism.org.uk/get-involved/world-autism-awareness-week/film.aspx.

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/>

Family Information and Services Hub

To view activities taking place in your local area, visit <https://fish.hants.gov.uk/kb5/hampshire/directory/results.page?familychannel=3&searchtype=event> to view the Leisure and Play – Hampshire Gateway section on the Family Information and Services Hub.

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-MUxqc and sign up at www.autism.org.uk/myworld

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. 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.

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 £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.

Thank you for your support.

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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.