

Dear Friends

Please see below for our latest news update. We include full details for attending our special evening at Winchester Science Centre on 16 October (in just over 2 weeks!) – we hope as many of you as possible can make it.

Family Youth Club

Our next club is **this Saturday, 3 October** 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

LEGO club



We meet again **this Saturday, 3 October** at Chandlers Ford Methodist Church.

We have now extended the age-range from 8 to 13. Applications received for additional places are now being assessed. 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.

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 10th anniversary celebration evening at Winchester Science Centre

As announced last month, join us to celebrate our 10th anniversary year as a NAS Branch at Winchester Science Centre on **Friday 16 October** between 5.30 and 9.00pm. We have exclusively booked the entire venue for the evening plus the opportunity to attend a planetarium show. Arrive any time after 5.30pm and, if you purchase tickets for the planetarium show, this takes place at 7.00pm. We are subsidising this event, so all of this will be available to members of our branch, their families and close friends at a much reduced entry charge of £3.00 for adults and £2.00 for Children (aged 3–16). Tickets for the planetarium show are an additional £1.00. Children under 3 are admitted free to the Centre but will not be permitted to watch the show. The Centre's *Chompers Cafe* is within the main exhibition space and will be open during the evening.

We have an online booking system for this event. To book your tickets please visit <https://nassouthants.yapsody.com/event/index/19535/winchester-science-centre-evening>. If you have difficulty using this system, please contact us.

We look forward to an interesting and exciting evening.

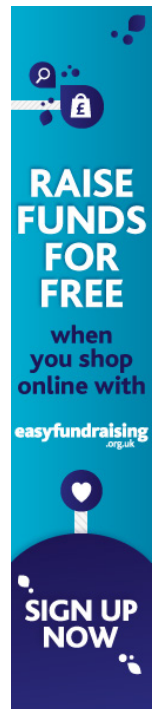
Support Group Meeting –information about nutrition

Our next support group meeting is on **Monday 19 October** at Bishopstoke Evangelical Church at 7.30pm.

We are delighted to welcome as our guest London Nutritionist, **Yvonne Bishop-Weston**, BSc Dip ION mBANT who will be talking about **dietary issues and nutrition** from an autism perspective. Having held key roles in Holland & Barrett (health food chain), Cranks (vitality and health, London) and The Food Doctor (London Nutrition Consultancy and Clinic), she now offers corporate nutrition consultancy and personal nutritional therapy via her own nutrition, food and complementary health consultancy business Foods For Life and has a regular clinic in Croydon and at Harley Street.

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.



Accept difference. Not indifference.

Our Southampton social groups

Both our Children's social group and Adults' social group are continuing to meet at St Patrick's Church, Portsmouth Road, Woolston, Southampton, SO19 9BD. All dates for the autumn term can be found on our website. 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.

SS Shieldhall cruise

80 branch members and their families went on this cruise on **Sunday 13 September**. A great time was had by all.

Autism Ambassador Scheme

Autism Ambassador is a scheme by the Autism Partnership Boards of Hampshire, Portsmouth & Isle of Wight to enable our communities to become Autism friendly. Over 40 Ambassadors have now been trained. As previously announced, for anyone wishing to become an Autism Ambassador, the next training day is on **Monday next, 5 October**. If you get in quick, it is possible to accept a few late entries for this. Full details of what this entails can be found at www.ascambassador.org.uk.

Hampshire Special Needs Information Day

As previously reported, Support4SEND (formerly Hampshire Parent Partnership Service) and Parent Voice's next Special Needs Information Day is on **Saturday 17 October**, 10.00am to 3.00pm, at Horndean Technology College, Barton Cross, Horndean, Waterlooville PO8 9PQ.

They have been holding these free events for many years, giving families and practitioners the opportunity to gather information about support and services available across the county. A wide variety of exhibitors will be present to offer information and advice on a range of issues relating to special needs. We will have a joint stand with the NAS North Hampshire Branch to promote our activities. Alongside the exhibition, a series of workshops and information talks will be on offer, and parents and carers will be invited to pre-book their free places on the sessions of their choice. These include talks concerning autism. One of the speakers will be Alex Lowery who is an inspirational public speaker best known for his insights into the autistic mind. Alex is 21 years old. At the age of seven his IQ was 73 and his parents were told not to expect too much. Despite this Alex has exceeded everyone's expectation.

Further details about the event and how to book for the talks and workshops can be found at <http://www3.hants.gov.uk/childrens-services/specialneeds/support4send/sen-informationday-2015.htm>.

Hampshire Parent Partnership Service is now Support4SEND

In line with the SEND legislation which came into force last year, the Hampshire Parent Partnership Service has changed its name to Support4SEND. Support4SEND provides free impartial information, advice and support throughout Hampshire to children and young people with special educational needs or disabilities (SEND) and to parents of children with SEND. They cover the ages of 0 to 25, and offer support for any level of SEND. For further details about how they can support you, please contact them on Tel: 01962 845870 or email: enquiries.support4send@hants.gov.uk.



NAS T-shirts

A number of you who attended our cruise on SS Shieldhall expressed an interest in purchasing NAS 'I'm having an amazing day for autism' T-shirts (as modelled by our Treasurer, Mel!). These can be ordered through us at £3.50 each. Sizes are (in inches) XXL (44) XL (42) L (40) M (38) S (36) and Children's 3-5, 5-6 and 7-8.

Speed of autism diagnosis must improve, experts say

The NAS campaign to reduce autism diagnosis waiting times was covered by both BBC Radio 4's Today programme and The Times. Two brave parents talked about their long struggles to get a diagnosis for their children in these pieces. The BBC News website has also covered the story and linked to The Times letter (www.bbc.co.uk/news/uk-34095075).


Thanks to the 11,627 people who have signed up to support their campaign so far. We hope this is the first step to making the NHS measure waiting times for autism diagnosis as it does for hip replacements, plastic surgery and many other services.

If you'd like to lend your support, you can do so at <http://www.autism.org.uk/DiagnosisCrisis>.

Hampshire Transition Team

Transition Social Workers work in a county-wide team managed by the Transition Team Manager. They work with young people from the age 14 up to 25. They are responsible for attending transition reviews and initially establishing whether Adult Services support will be required by a young person when they leave education and enter adulthood. The Transitional Social Worker will give families and young people advice and information. Where a young person meets the Eligibility Criteria of Adult Services, they will plan the move into Adult social care with the young person and their family.

The Transition Review Meeting in school is an opportunity for the Transition Social Worker to meet the young person and their family and to give age appropriate information regarding employment and housing opportunities, benefits and alternative options to education. Where a young person meets the Eligibility Criteria for Adult Services, the Transition



“
Had we had a **diagnosis** a lot sooner
then we **could have avoided** the
hideous condition of **depression** and
all the misery and pain that entails
”

**Tell the Government it
can't wait any longer**

Autism.org.uk/DiagnosisCrisis

**Autism
diagnosis
crisis**

Social Worker will undertake an Adult Care Management Assessment between 17 and 18 years of age. The young people and their families will undergo a supported self-assessment in order to establish an indicative allocation for an individual budget that will be available from the age of 18 years. The department will ensure that the process for self-directed support happens in good time to enable planning for a person's support from the age 18.

The Transition Team Service is available in the Hampshire Local Authority area. Hampshire's Local Authority area excludes Southampton and Portsmouth cities, which will have their own Local Offers.

You can get information on Transition from your school, college, social worker, Post 14 SEN team, Carers Together, Hampshire Advocacy Regional Group or http://www.hantslocaloffer.info/en/Transition_Team.

Schools' Autism Awareness Week

The first ever Schools' Autism Awareness Week will take place from 14-18 March 2016. Hosted by the NAS, this week has been conceived as part of the run up to World Autism Awareness Week (2-8 April 2016). They are calling to all schools to join them and help spread autism awareness. Schools who sign up will receive a bumper pack including lesson plans to help children learn more about autism in a fun and interactive way.

Contact your local schools to let them know – [full details are at available here](#).

How Minecraft helps children with autism

Minecraft is a video game that allows players to work together to create wonderful, imaginative things. The creative and building aspects of Minecraft enable players to build constructions out of textured cubes in a 3D world. Other activities in the game include exploration, resource gathering, crafting, and combat. The NAS' Head of Knowledge and Expertise, Dr Jude Brown, spoke to CBBC Newsround about why people on the autism spectrum enjoy playing games like Minecraft and the benefits it can have. Watch the video at www.bbc.co.uk/newsround/33916933.

NAS Christmas cards are now on sale!

Get an early start to the festive season in 2015 by buying the National Autistic Society's Christmas cards. This year, yet again, they have a fantastic selection of cards to choose from, with something to suit every friend or relative. Whatever may take your fancy, remember that by buying and sending these cards you're raising vital awareness of autism. For more information visit www.autism.org.uk/shop/christmas-cards-2015.aspx.

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 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.

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). For more details visit www.friendsofintouch.org.uk. Anyone interested should contact Chris@friendsofintouch.org.uk or call 07474 539539. Please do not just turn up at the youth centre without having contacted Chris.

Autism-friendly theatre performances

The Mayflower Theatre, Southampton present a relaxed performance of their pantomime, *Aladdin*, on **Tuesday 29 December** at 1.30pm. Tickets are £9.00. Please call the Box Office on 02380 711811 for more info or to book.

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 for an application form. For further details visit [http://www.autismhampshire.org.uk/assets/files/Outreach/Insert%20-%20Community%20Access%20Helpful%20Apps%20&%20Smart%20Phone%20Loans%20\(1\).pdf](http://www.autismhampshire.org.uk/assets/files/Outreach/Insert%20-%20Community%20Access%20Helpful%20Apps%20&%20Smart%20Phone%20Loans%20(1).pdf)

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

NAS Surrey Branch conference

This popular event is being held **this 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.

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 purchased over 40 new books which will be added to the library shortly, 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 over £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

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.



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
Registered as a Charity. No. 269425

*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.*