

Dear Friends

We hope you have had a good summer. 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 next Monday, when we welcome an excellent speaker.

Please spread the word about Autism Hour to your local shops – they have until Friday (15th) to sign-up.

All our regular activities have resumed after the summer break. We have some concerns about our Family Youth Club as numbers have been low during the past year – please see below and let us know what you think – it would be a great shame to lose this activity. We are already planning for future events and will soon be announcing a parent seminar on 'Managing Anger'.

Support Group Meeting

Our next meeting is on **Monday 18 September** at Bishopstoke Evangelical Church at 7.30pm.

We are delighted to welcome, as our special guest, **Peter Hull**, Projects Assistant, ActiveNation, talking about the ActiveAbility (for Adults) and Buzz Network (for Young People) programmes, aimed at those who would normally struggle in a mainstream environment, to be active.

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.

Family Youth Club

We are still concerned that attendance over the past year has been generally quite low. We therefore would be grateful if any of you who have attended the club in the past could give us an idea of why you no longer attend or, for those who have not yet attended, what is the reason (other than now being too old for the group). This would help us gauge whether or not the low attendance is due to any particular factor or just a temporary dip. The club has been running for 13 years and we have had some dips in attendance before but we want to ensure that the club is still what everyone wants. Around 7 volunteers give up their time each month to make this event happen and so we have to consider if this commitment is sensible if only one or two families attend. We really would like to have your views on this as soon as possible. Thank you.

Our next Family Youth Club takes place on **Saturday 7 October** 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. From next month we also hope to introduce 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

LEGO club



Our next club is also on **Saturday 7 October** 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.

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 for this term can be found on our website.

The groups are hoping to make their annual visit to Toothill Observatory on a Monday evening, soon (date to be advised). The Adult group's first meeting back last week was well-attended – the next meeting is on Tuesday 19 September. They are also planning another bowling evening and karaoke evening for this term. The Children's group are looking forward to a great programme of activities over the coming weeks.

For more details, email nassouthampton@gmail.com or contact Sue (023 8043 2612) or Tracey (07532 282301).



Join Shop Raise

Collect FREE funds for us

any time you shop with

 **easyfundraising**
feel good shopping

#MoreThanAGift



Sign up now



Autistic people can get overloaded by everything around them. It's like all the senses are firing, all at once. Like there's no filter. Like they're getting too much information.

And that makes the world a terrifying, isolating place. But it doesn't have to be like this. One small change from you could help to reduce the overload.

Top tips

Whether you're at the shops, on public transport, at work or out with friends, a change as simple as using clear language, having a bit of patience, or avoiding last minute changes can really help. Understand autism, the person, and the change you can make. Visit www.autism.org.uk/get-involved/tmi/top-tips.aspx for some top tips.

Take action

Where will you make a change for autistic people? Visit www.autism.org.uk/get-involved/tmi/actions.aspx and pick a place to find out what small actions could reduce the overload autistic people face.

Take the test

Visit www.autism.org.uk/get-involved/tmi/take%20the%20test.aspx. How many questions can you answer? Put your brain to the test and feel what it's like to get too much information.



Simple steps to an autism-friendly world

As part of the Too Much Information campaign and with the support of shopping centre owner INTU, in the week of 2 October, the National Autistic Society is asking shops and businesses to organise a National Autistic Society Autism Hour and take simple steps for 60 minutes that lead to a more autism-friendly world.

You know which places are already doing great things for autism and you know where people with autism and their families would love to visit if only they were more autism-friendly. Your local intelligence will help the NAS to reach out to a wide audience and start making real, positive changes. You are in a position to help spread the word and encourage your local shops and businesses to take part.

We have all noticed that recently some shops are starting to operate a quiet hour, which allows autistic people to access their premises in a low arousal setting. These events have been warmly received by their local autistic communities. We want to see as many of these taking place as possible. That's why the NAS wants to make Autism Hour a national event – potentially becoming a regular fixture for many shops and services. Their aim is to create the world's first mass participation Autism Hour where retailers and services hold special shopping hours or sessions for autistic people and their families.

Local businesses across our area have already signed-up including Eastleigh's Swan Centre, Southampton's Marlands Shopping Centre, Portsmouth's Port Solent. Monkey Bizness in Southampton and Gosport, plus individual stores, such as, all Pets at Home, Superdrug, Clarks and more.

All shops and businesses have to do is go to www.autism.org.uk/autismhour by **Friday 15 September** to sign up for The National Autistic Society's Autism Hour, and make a lasting difference for autistic people, their families and their business. They'll be given all the information they need to make it a success.

Please help spread the word. A flyer can be downloaded from www.autism.org.uk/get-involved/tmi/autism-hour/sign-up.aspx. Thank you.

Tony Attwood presentation

As you may know, the presentation that Professor Tony Atwood gave at our conference in Winchester Guildhall last May is available on our website. Tony has asked that this be removed at the end of this month (as it is likely to become out of date), so if you want to view this before it disappears, please have a look by 30 September!

ASD New Forest meetings

This group meet on Wednesdays, 10.30 - 12.30 at The Place, Ringwood on **13 September, 11 October, 15 November** and **13 December**. For more information email asdnewforest@gmail.com.

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. These activities are updated weekly, so be sure to check back each week for anything new.

Housing Options Event for People Living with a Learning Disability and/or Autism

This is being held on **Tuesday 19 September**, 10am-2pm (there will be a talk at 10.00am and 12 noon) at Performance Hall, Discovery Centre, Jewry Street, Winchester, SO23 8SB. This is a drop in event with information stands on housing including: Keeping Safe • Local councils • Health. Tea, coffee and biscuits will be provided. If you have any questions please contact Louise Osborne, email WHCCG.SHIPTCP@nhs.net or telephone 02380 627890. Hampshire Parent Carer Network will be there with advice for parent carers of older children, those transitioning to adulthood and young people.

Have Your Say on Children's Residential Respite

Hampshire County Council (HCC) is asking for people's views on proposals for overnight residential respite – the outcome of which could help to shape the future of overnight respite services for children and young people with disabilities, and their families. The consultation is open until 11.59pm on **2 October** and full details, Information Pack and Response form, can be accessed at <https://www.hants.gov.uk/aboutthecouncil/haveyoursay/consultations/sunbeamsandmerrydale>. There is also an Easy Read online Response form available via the link above. Alternatively, call 03005 551384.

Drop-in events have been arranged so that you can:

- Find out more about the alternative overnight respite services which could be used instead of Merrydale and Sunbeams, if they close.
- Talk to HCC staff.
- Pick up a paper copy of the consultation Information Pack and Response Form.

The drop-ins are on **Friday 15 September**, 9.30-11.30am, Youth in Romsey, Southampton Road, Romsey, SO51 8AF • **Wednesday 20 September**, 9.30-11.30am, United Church, Jewry Street, Winchester, SO23 8RZ • **Thursday 28 September**, 9.30-11.30am, Maple Ridge Primary School, Maple Crescent, Basingstoke, RG21 5SX • **Friday 29 September**, 10-11.30am, The Swan Inn Hotel, 11 West Street, New Alresford, SO24 9AD. No need to book, just turn up.

CyberCenturion

Are you aged 12-18 and enjoy puzzles, code breaking and cyber? Then the CyberCenturion competition could be just the thing for you. Over the past two years over 100 teams have competed from across the UK and Overseas Territories. The competition is sponsored by some of the largest security companies in the country, who are looking for the next generation of cyber defenders. Visit <https://www.cybersecuritychallenge.org.uk/competitions/cybercenturion>.

Get ready for World Autism Awareness Week 2018!

We can now reveal that the dates for 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.

Spectrum Breaks, Isle of Wight

In 2010 Colin and Elaine Pratt made the decision to change their lives and set up a holiday centre for families with autistic children. The inspiration came from their youngest son Thomas (now 19) who was diagnosed at three with severe autism and epilepsy following brain surgery. It seemed logical that a holiday centre specifically setup for families with autistic children would be a worthwhile venture, a holiday centre specifically designed just for them. The centre is open all year round. For more information, visit www.spectrumbreaks.co.uk or call 01983 864885 or 07973 174682.

Inspiring You Inclusion Weekends

At Avon Tyrrell Outdoor Centre, Bransgore, BH23 8EE: Go along to Avon Tyrrell for an unforgettable weekend with the family. 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. You will also make new friends and develop life skills. 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 **27–29 October, 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.

Partnership with the Guardian

This year, the National Autistic Society is continuing its partnership with the Guardian. Together, they're sharing articles and videos to encourage people to reduce the overload for autistic people. Their pieces so far include a journalist living our pledges as well as two new videos. See nine-year-old Saffron's colourful point of view and watch Keran, who only found out he was autistic at age 33. Visit www.theguardian.com/society/series/autism-awareness.

Reminders:

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

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.

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/>

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

Clarks Trials 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.

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. There is no charge, 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.

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: **24 September, 29 October, 26 November and 17 December.**

Evening sessions will be held from 6.00 to 8.00pm on Wednesdays: **4 October, 1 November and 6 December.**

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

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 **15 & 29 Sep, 13 & 27 Oct and 10 & 24 Nov.**

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/>

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 or call 07474 539539. 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 nearly £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.

STATIONERY BOOKS, DVDs & GAMES HOLIDAYS
CLOTHES HOME APPLIANCES INSURANCE GIFTS
BROADBAND & UTILITIES SCHOOL STUFF MOBILES
TRAVEL ELECTRONICS BUSINESS SUPPLIES GROCERIES

What do you buy online?

Whatever you buy online, you can raise free donations for us by simply buying through **easyfundraising**

Start raising free donations now!

www.easyfundraising.org.uk/causes/shantsnas

WITH OVER 2,700 RETAILERS TO CHOOSE FROM

Amazon.co.uk John Lewis eBay Tesco Asda M.S. and many more

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.