

# Newsletter

Dear Friends

This is our first newsletter following the summer break. We hope you all had a good summer and didn't get too sunburnt!

As always, we have details of our activities over the next month or so, plus other information that may be of interest. We have some concerning news about Hampshire's children's autism diagnostic pathway but some excellent news from the NHS about autism being a clinical priority. Autism Hour is approaching fast, so we include details of this and much more.

We look forward to seeing some of you at our forthcoming meetings. As always, if you have any ideas for activities or events you would like us to consider, please let us know.

## Family Youth Club

Our next Family Youth Club takes place on **Saturday 15 September** at Chandler's 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](http://www.shantsnas.org.uk/Home/Family%20Youth%20Club)

*As you may know, we are closely monitoring attendance at our Family Youth Club over the next few months as numbers have been very low and we may have to consider closing this group if this does not improve. **No one turned up for our May club** – although attendance has been better since. We cannot justify 6 or 7 volunteer helpers giving up their time to run this if only one or two families turn up. It is a case of 'use it or lose it'! Once gone, it is very unlikely we could restart this at a later date.*



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## LEGO Club

Our next LEGO club is also on **Saturday 15 September** at Chandler's 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](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.

## Support Group Meeting

Our next meeting is on **Monday 17 September** at Bishopstoke Evangelical Church at 7.30pm.

There will be plenty of time at our meeting to have a chat and to browse our Resource Library, comprising 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.**

## Partners' Group

The next meeting is on **Thursday 27 September** at Chandler's Ford Methodist Church, Winchester Road, SO53 2GJ, from 7.30 to 9.30pm. The group has made a good start this year and we welcome anyone who has a partner with autism. It runs monthly on the fourth Thursday evening of each month.

Full details at [www.shantsnas.org.uk/Home/Partners](http://www.shantsnas.org.uk/Home/Partners)

## Our Southampton Social Groups

Our Children's and Adults' social groups have now restarted at the hall after the summer break. Unfortunately, despite a very sunny summer, the picnic at the Royal Victoria Country Park in July had to be cancelled due to the weather! However, despite some rain, 14 members visited Marwell Zoo and had a good day in August. The groups meet during term time on alternate Tuesday evenings at St Patrick's Church, Portsmouth Road, Woolston, Southampton, SO19 9BD. For more details, email [nassouthampton@gmail.com](mailto:nassouthampton@gmail.com) or contact Sue (023 8043 2612) or Tracey (07532 282301).

## Branch Facebook page

Don't forget to regularly visit our Facebook page where we post information and news (in addition to our newsletters and emails). Visit <https://www.facebook.com/nassouthhampshirebranch> and 'Like' and/or 'Follow' us.

## Social Skills course

We are running a 6-session Social Skills course for up to 8 of our members' children, on Saturday mornings from **3 November to 3 December** in Fair Oak. The branch will heavily subsidise this – there will be a modest charge to parents.

The course will be run, as in the past, by professionals from *Friends of In Touch* who have a great deal of experience in working with children with autism. Since 2006, whenever funding has been available, we have offered these courses and, to date, over 90 young people have benefitted from them. The main focus of each course will be on social and communication skills. Each session will build on the previous one, so it is essential that each child attends the full course. The age range of those taking part will be dependent on the interest we get. An email with full details of the course and how to express an interest will be circulated in the next few days.

## Totton Support groups

Youth and Families Matter at Testwood Baptist Church, 283A Salisbury Rd, Totton, Southampton, SO40 3LZ, run two support groups aimed at supporting parents of children with autism and ADHD.

- The Daytime Support Group - 9.30 to 11.30am on the last Thursday of the month.
- The Evening Support Group - 7.30 to 9.00pm on the second Monday of the month.

For more information visit their website at [www.youthandfamiliesmatter.org.uk/parent-support-groups](http://www.youthandfamiliesmatter.org.uk/parent-support-groups) or email: [info@youthandfamiliesmatter.org.uk](mailto:info@youthandfamiliesmatter.org.uk)

## Employment support

We are currently in discussion with Autism Hampshire about commissioning some work around employment for people with autism. As you may know, Autism Hampshire ran a very successful funded project last year supporting adults to prepare for employment and highlighting the hidden pool of talent of people with autism to local employers. We hope to fund some further similar work.

## Autism Hour – Saturday 6 October to Saturday 13 October



Already over 7,000 businesses and retailers are taking part this year. Last year showed that there is an appetite for Autism Hours from retailers as well as from the general public, which is a tremendous step forward. It really goes to show that the NAS *Too Much Information* campaign is winning people and businesses around and inspiring them to make simple changes that improve the lives of autistic people all over the country. It's also having some long term impact with some stores now holding regular quiet hours.

It's hoped that Autism hour will:

- enable autistic people and their families to access previously inaccessible shops and services
- improve public understanding of autism and the small adjustments that can be helpful to an autistic person
- serve as a vehicle for press coverage of autism and the difference small adjustments can make
- act as an introductory step towards participants becoming an autism-friendly shop or service.

During the week, participating shops and businesses are turning down music and other noise, dimming the lights and sharing information about autism with their employees. To find out which shops and businesses are taking part, view the interactive map at <https://www.autism.org.uk/get-involved/tmi/autism-hour/map.aspx>. If your local shops are not there, why not contact them and ask why – they have until 14 September to sign up, so get them to do so at <https://www.autism.org.uk/get-involved/tmi/autism-hour/form.aspx>

Hear what Chris Packham, TV presenter, naturalist, and ambassador for the NAS, says about some of the sensory challenges he experiences when shopping and why he's supporting Autism Hour, at <https://www.autism.org.uk/get-involved/tmi/autism-hour/real-stories/chris-packham.aspx>

## Quiz Night – save the date!

Following a very successful quiz night a few years ago, we are holding another on **Friday evening, 23 November** at Fleming Park Bowling Club, Eastleigh. This will be an opportunity to join us for a fun and relaxing evening. There will be a licensed bar, light refreshment and a raffle. We will be sending you full details soon – meanwhile, talk to you family and friends – see if you can make up a team of 6 – 8 people (or we can put you in a team).

## Shine – a new support group for Under 5s and their families

A good friend of ours is starting up a parent and toddler group specifically aimed at children with additional needs, and their siblings. It will feature sensory play, music, sensory stories, accessible arts and crafts, refreshments for all (including home-made cakes) and support for parents/carers. The group launches on **14 September** and will run on Friday mornings from 10.00 to 11.30am at St Andrews Methodist Church, Blenheim Road, Eastleigh, SO50 5SD. Please share with anyone who may benefit from this. Further information can be obtained from Angela at [shinefamilies@gmail.com](mailto:shinefamilies@gmail.com) or visit <https://www.facebook.com/shineeastleigh>

## Scottish and Southern Electric

We recently met with Stacy Saxby who is Customer & Community Advisor for Scottish & Southern Electricity Networks. Within her role she helps support vulnerable people in our local area through planned repairs to their network, emergency electrical faults and home resilience. Scottish & Southern Electricity Networks provide a free Priority Service Register (PSR); this is to register vulnerable people on their system. In turn, this allows them to highlight PSR customers when there is a fault, or if there are planned power outages. This alerts them so they are able to visit and check if any requirements are needed. There is also a free phone number whereby, once registered, PSR customers can call them and not queue for a quick response to any worries about their power. For further information and to register, visit <https://www.ssen.co.uk/PriorityServices/>

## Autism diagnosis of children in Hampshire and Autism Support and Information Programme for parents in Hampshire and Southampton

We have recently heard that Hampshire's Clinical Commissioning Groups (CCG) are changing the pathway for autism diagnosis of children in Hampshire and that CAMHS are no longer undertaking assessments (except where there is an additional mental health issue). A new provider (still to be announced) will be doing purely autism assessments until June 2019 to clear the backlog. Also we are unsure, at this stage, whether this will affect Autism Hampshire's commissioned role in post-diagnostic meetings and providing parent/carer monthly support and information groups.

We have seen communications from CAMHS to some parents stating the changes and explaining that they will have to wait until assessments are available from the new provider. Other parents have not yet been contacted so are now unsure whether these changes will affect them. It is essential that the CCG contact everyone in the system to avoid uncertainly and unnecessary anxiety.

Hampshire Autism Voice (the parent/carer/people-with-autism group on the Hampshire Autism Partnership Board) has raised this at a recent Board meeting and is investigating why this is happening and how autism assessments in Hampshire will continue. This change to the diagnostic pathway may not necessarily be a cause for concern (we hope that it has been changed in order to improve the current service) but we would be very concerned if the very valuable monthly support and information programme for parents is put at risk due to the CCG's decision.

Southampton's current autism diagnostic pathway is unaffected and we understand that Southampton CCG is considering funding a further support and information programme for parents within the city.

### Curly Hair Project training

**Autism Learning Day in Brockenhurst:** The Curly Hair Project is offering an autism learning day for parents and carers or anyone working with autistic adults and/or children on **Saturday 22 September**, 10am-4pm, in Brockenhurst Village Hall, Highwood Road, Brockenhurst, SO42 7RY. You must book your place on the training if you wish to attend. The day has been broken down into 4 different talks and you do not have to attend the whole day. To book tickets and view the variety of ticket prices available visit <https://www.eventbrite.co.uk/e/autism-learning-day-1-brockenhurst-tickets-48232104523>

**ASD & Communication Workshop in Lyndhurst:** being held on **Monday 24 September**, 7-9pm, at Lyndhurst Community Centre, Central Car Park, High Street, Lyndhurst, SO43 7NY. This is also being hosted by The Curly Hair Project for ASD individuals, people who support or work with ASD individuals and anyone who wants to learn how to improve their communication. For details of the workshop and to book, visit <https://www.eventbrite.co.uk/e/asd-communication-in-lyndhurst-tickets-48948443111>

### Transition courses for parents and carers

Carers Together are holding multiple free courses throughout Hampshire from September to November, to try and help parents and carers to understand the transition process better. These will have lots of information for parents of a child aged 14-25 with a disability. If you wish to attend one of the courses you must book your place visit <https://twitter.com/CarersTogetherH/status/1019963418256859138/photo/1> for more information, email [admin@carerstogether.org.uk](mailto:admin@carerstogether.org.uk) or call 01794 519495.

### NHS Clinical Priority – Learning Disability and Autism

We were very pleased to hear that NHS England published its first significant public document (a discussion guide) relating to its long-term plan titled [Developing the long-term plan for the NHS](#) in August. Included in this guide was the announcement that 'Learning Disability and Autism' will be one of their clinical priorities over the next ten years. The document states:

*'Specific programmes have been seeking to ensure that more people with a learning disability, autism or both have their physical health needs met through regular health checks and that we reduce the over-prescribing of medicines which can have a negative impact on people's physical health, all with the aim of tackling the health inequalities faced by this group.*

*Over the next ten years we want to continue building on these foundations, taking further steps to ensure that the right specific support is available where it is needed and that children, young people and adults with a learning disability, autism or both, and their families, don't face barriers to accessing both specific and more general health, education and care services. Over the last few years there has been increased focus on improving services and therefore outcomes, for people with a learning disability, autism or both.'*

The NHS is seeking [feedback](#) on the proposals in this document. You may choose to provide responses for every topic, or just the ones that are important to you or the group you represent. Specific questions around autism are:

2.11 *What more can the NHS do, working with its local partners, to ensure that people with a learning disability, autism or both are supported to live happy, healthy and independent lives in their communities?*

2.12 *How can we best improve the experiences that people with a learning disability, autism or both have with the NHS, ensuring that they are able to access the full range of services they need?*

Mental Health is also one of the priorities. As Mental Health and autism overlap, it would be helpful to answer the following questions where autism may be involved either as a co-morbidity or where there is diagnostic overshadowing:

2.6 *What should the top priority for meeting people's mental health needs over the next five, and ten years be?*

2.7 *What gaps in service provision currently exist and how do you think we can fill them?*

2.8 *People with physical health problems do not always have their mental health needs addressed; and people with mental health problems do not always have their physical health needs met. How do you think we can improve this?*

2.9 *What are the major challenges to improving support for people with mental health problems and what do you think the NHS and other public bodies can do to overcome them?*

## 2.10 How can we better personalise mental health services, involving people in decisions about their care and providing more choice and control over their support?

This is an important opportunity to help shape the way in which the needs of people with autism are supported. Hampshire Autism Voice has helped influence this decision by the NHS and will be feeding back on the proposals. It would be good to have individuals to also feed back to strengthen the views of people with autism and their families. We feel one particular area that needs to be highlighted is the specific lack of support for those who have autism but no learning disability or mental health condition. The deadline for submissions is **30 September 2018**.

### South Western Railway

Rail Assistance Card Launched: In July, South Western Railway (SWR) launched the Travel Assistance Card (TAC) which is a free card for anyone who may need that extra bit of help and find it difficult to ask. All of SWR's staff have been trained to recognise the card and if you show it to any member of their staff, they will help you as best they can. Their TAC can be requested at any of their stations, through their customer services team, or downloaded from their website. Alternatively, telephone 03456 000650.

To use the card, there is space on there to tell SWR a little about you and what help you may need. You can write or draw anything that could help their staff to assist you. Simply show the card to a member of staff at the station or on the train and they will help you as best they can.

### Education Rights Service

If you are the family member of a child on the autism spectrum and they have just changed school, save the number of the NAS Education Rights Service now. Some schools provide wonderful support to autistic children, but some get it wrong. If you and your child face any difficulties at school, this free service can help you with impartial and confidential guidance and support by phone or email. They can guide you on issues like education law and your rights and help you communicate with your child's school and professionals. Visit <https://www.autism.org.uk/services/helplines/education-rights.aspx>

### School exclusions

A court has delivered a landmark verdict that will make it harder to exclude autistic children from school. The ruling makes clear for the first time that all schools must make sure they have made adjustments for autistic children before they can resort to exclusion. The National Autistic Society intervened in this case, brought by the family of an autistic child, to stop children being unfairly denied an education. For further information, visit <https://www.autism.org.uk/get-involved/media-centre/news/2018-08-14-landmark-ruling-exclusions.aspx>

### Blue Badge Scheme

The Government has announced it will make changes to the current Blue Badge rules. This means many more autistic people in England will be able to get a Blue Badge and be able to go out safely and more freely. This follows years of campaigning by The National Autistic Society, their supporters and other disabled people and families across England. For details visit <https://www.autism.org.uk/get-involved/media-centre/news/2018-07-27-good-news-blue-badge.aspx>

### Interesting articles from Network Autism

**Back to school – autism resources:** With schools already back, Network Autism has gathered together a number of articles and resources for school staff on how best to support autistic pupils on their return. Visit <https://network.autism.org.uk/knowledge/insight-opinion/back-school-autism-resources-school-staff>

**Autism and eating: compassion and connection:** Lucy Skye is a trainer and consultant at the National Autistic Society and was recently diagnosed as autistic. Here Lucy explores the role that food plays in bonding people together, and suggests that society needs to be more compassionate and understanding of those who may find these situations difficult. Visit <https://network.autism.org.uk/knowledge/insight-opinion/autism-and-eating-compassion-and-connection>

**Autism introduced within teacher training in England:** Thanks to concerted campaigning over the past few years, including the NAS *Every Teacher* campaign with *Ambitious about Autism*, all those going through teacher training in England should be learning about the needs of autistic young people as part of their course. Under the Government's teacher training framework, training providers should cover how to support children with special educational needs, especially autistic children. Read more at <https://www.autism.org.uk/get-involved/media-centre/news/2018-08-29-teacher-training.aspx>

### Reminders:

#### **2018 National Autistic Society Surrey Branch conference – limited number of tickets still available**

Our friends in Surrey are holding another of their very popular conferences at the University of Surrey in Guildford on **Saturday 29 September**. The theme this year is: *Autism In The Family*. A range of excellent speakers will be talking about different aspects of having a family member with autism, and how professionals can help. All the speakers are professionals working in the field of autism who also have a personal connection to autism. Places must be booked in advance: Parents/family carers, and people with autism are £40, Professionals £70. Coffee, tea and lunch are included, and there will be information stands and a book stall available. For more details, go to <http://www.nassurreybranch.org/conference-2018-1.html>

#### **Parent Forum – Alex Kelly Ltd**

Speech therapist Alex Kelly is continuing to run 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! Visit [www.speakingspace.co.uk/communication-2/](http://www.speakingspace.co.uk/communication-2/), email [office@speakingsspace.co.uk](mailto:office@speakingsspace.co.uk) or phone 023 8098 7134.

## Friends of In Touch

*Friends of In Touch* is a small registered charity based at Y-Zone Youth Centre in Fair Oak, Eastleigh, supporting children and young people with autism and funded by the *BIG Lottery*. The charity runs two weekly youth clubs, involving over 40 children/young people with autism, during term time and in school holidays. 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). It is also soon to start a young adults' social group as a follow-on from the Senior group.

A couple of places in the Junior Group may become available during September. Anyone interested in being added to the waiting list should contact [info@friendsofintouch.org.uk](mailto:info@friendsofintouch.org.uk). The 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](http://www.friendsofintouch.org.uk)

## ActiveAbility Solent – New Timetable

Visit <https://www.activecommunity.org.uk/activeability> to see their timetable which will include any updates and new sessions. They offer a range of accessible and fun activities that run seven days a week, including martial arts, athletics, boccia, ten-pin bowling and many others. Locations are mainly in Southampton but do also include Totton, Eastleigh, Chandler's Ford and Warsash. On average the sessions are just £3 each and it is as simple as just turning up, and their experienced and qualified coaches will take it from there. You can also make bespoke bookings where they can supply equipment, coaches and facilities. If you would like more information, contact Tom Grave, Activities Coordinator on 02380 784131 or email [tom.graves@activenation.org.uk](mailto:tom.graves@activenation.org.uk)

## Family Information and Services Hub

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

## 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. 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 the **3<sup>rd</sup> Sunday of every month**. Evening sessions will be held from 6.00 to 8.00pm on the **1<sup>st</sup> Wednesday of every month**. For more information or to book, call Jessica on 02380 018336 or email [jessica.campbell@partyman.co.uk](mailto:jessica.campbell@partyman.co.uk)

## SEN sessions at Monkey Bizness, Southampton

Monkey Bizness, a soft play centre with huge play frames, games, machines, slides and more, special areas for toddlers, free WiFi, comfy seating and a bright airy cafe serving freshly prepared food, at 234 Empress Road, Southampton, SO14 0JY, is running SEN sessions on the **last Thursday of every month** from 5.30 to 7.00pm at just £3 per child. For further details call 023 8055 0580.

## Flipout sessions

Flipout, the biggest trampoline arena in Hampshire, at Unit 1a Chandlers Park, School Lane, Eastleigh, SO53 4DG, is running Rebound Therapy sessions on **Wednesdays** and **Fridays** between 9.00 and 11.00am or 3.00 and 5.00pm for these hourly group sessions. Prices are: Ages 1 to 5: £4.50, Age 6+: £7.50 dependant on disability. Between 12.00 and 3.00pm they run half an hour one to one sessions at £18 per 30 mins. They also run SEN sessions **every Monday** at 16:00pm – £7.50 for a jumper and up to two carers. For further information, phone 023 8214 7811, email [southampton@flipout.co.uk](mailto:southampton@flipout.co.uk) or visit <https://www.flipout.co.uk/locations/southampton/>

## Dimensions autism-friendly cinema screenings

Dimensions work with ODEON, Cineworld, Vue and Showcase to host Autism Friendly Screenings at over 250 cinemas nationwide. For a limited time and at nine selected cinemas, including Southampton, ODEON are showing autism friendly screenings for older audiences. 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/>

## 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 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 partnership funding, they are able to offer this for just £60pp for Gateway card holders. If you live outside of Hampshire, they would love you to join them too, so please contact them for alternative pricing. Dates for 2018 breaks, the next being **Wednesday 24 to Friday 26 October**, can be found on their website. They also run one-night breaks and one-night camping experiences. For details and to book, visit [https://www.avontyrrell.org.uk/inclusion\\_weekends.html](https://www.avontyrrell.org.uk/inclusion_weekends.html), email [info@ukyouth.org](mailto:info@ukyouth.org) or call 01425 672347.

## Rose Road Association Stay & Play Family Coffee Morning

Every **Saturday**, 9.30am–12.00pm, at The Bradbury Centre, 300 Aldermeer 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](mailto:claireheadington@roseroad.org.uk). The sessions are funded by BBC Children in Need.

## 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 <https://www.autismhampshire.org.uk/local-autism-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/first-steps-guides>

## 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](http://www.youtube.com/watch?v=Fv66Q-MUxqc) and sign up at [www.autism.org.uk/myworld](http://www.autism.org.uk/myworld)

## 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 400 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.

## 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.



The graphic is a promotional poster for Easyfundraising. It features a central question 'What do you buy online?' with a cartoon girl character. Surrounding this are various product categories: STATIONERY, BOOKS, DVDs & GAMES, HOLIDAYS, CLOTHES, HOME APPLIANCES, INSURANCE, GIFTS, BROADBAND & UTILITIES, SCHOOL STUFF, MOBILES, TRAVEL, ELECTRONICS, BUSINESS SUPPLIES, and GROCERIES. Below the question, it states: 'Whatever you buy online, you can raise free donations for us by simply buying through easyfundraising'. A green circular badge says 'Start raising free donations now!'. At the bottom, it lists 'WITH OVER 2,700 RETAILERS TO CHOOSE FROM' and includes logos for Amazon, eBay, John Lewis, M&S, and others.

As always, for full details of all our meetings, other dates, news items and information, visit our [website](#) and/or [Facebook page](#).

Regards

**David & Rachel Carter**

The National Autistic Society, South Hampshire Branch

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