

Dear Friends

We hope you have all survived the summer! Our Family Youth Club and Lego Club restarts next Saturday. We also have a special guest speaker travelling down from London for our next Support Group Meeting on 21 September when we will hear all about how the recently introduced Care Act will affect people with autism, their families and carers – it is important that everyone potentially affected by these changes are made aware of how they impact on them, or might impact them in the future. We also have advanced information about our big 10th anniversary celebration evening which we hope as many of you as possible can attend.

Family Youth Club

Our club restarts after the summer break on **Saturday next, 5 September** 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 on **Saturday next, 5 September** 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.

Support Group Meeting – important information about The Care Act

Our next support group meeting is on **Monday 21 September** at Bishopstoke Evangelical Church at 7.30pm.

We are delighted to welcome back **Anna Nicholson, Policy and Participation Officer, London and South East Region, The National Autistic Society**, who will be travelling down from London especially to give us a presentation about the recently introduced **Care Act** and its impact on adults and families affected by autism. The Act simplifies the patchwork of previous care legislation, introduces new rules for councils on who qualifies for publicly funded care and support (known as eligibility criteria) and gives carers the same rights as those they care for. Key changes introduced by the Act include a new national minimum eligibility threshold, new rights to assessment and advocacy and a new right to a personal budget for anyone eligible for social services. It is expected that the changes will have an impact on adults and families affected by autism, whether they currently receive social services or not. The session will be supported by a useful information sheet for attendees to take away with them.

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.

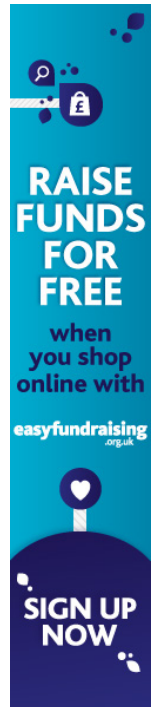
If you have any books due back or overdue, please don't forget to bring them along.

Our Southampton social groups

Both our Children's social group and Adult's social group will be meeting again at St Patrick's Church, Portsmouth Road, Woolston, Southampton, SO19 9BD, in September. All dates for the autumn term can be found on our website. For more details of both of these social groups, email aspsg.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

All 80 branch places have been taken for the SS Shieldhall cruise on **Sunday 13 September**. Final details of the trip will shortly be sent to those booked. We recently visited the ship and the crew are looking forward to welcoming you.



Accept difference. Not indifference.

Our 10th anniversary celebration evening at Winchester Science Centre

To celebrate our 10th anniversary year as a NAS Branch, we are delighted to announce that we have booked Winchester Science Centre for the evening of **Friday 16 October**.

We have exclusively booked the entire venue for the evening plus the opportunity to attend a planetarium show. We are subsidising this event, so all of this will be available to members of our branch at a fraction of the standard entry charge. Final details, costs and booking information will be circulated as soon as we have tied up all the final details – we will email the information out ASAP, meanwhile put the date in your diaries.

We look forward to an interesting and exciting evening.

Let's talk sense - Autism... all you want to know but never dare ask!

This training day by Steve McGuinness takes place on **Saturday 5 September** at Speaking Space, Fleming House, Alma Road, Romsey, SO51 8ED from 9.00am to 4.00pm.

Steve is a Councillor and recent trustee with the National Autistic Society (NAS) and has been a member of the NAS Advisory Board for past three years. He is Autism Consultant with Sensory Integration Network UK & Ireland. Speaking at both the NAS and Sensory Integration Professional and Sensory conferences each year. He is also a Specialist Visiting Lecturer (SVL) at Sheffield Hallam University and Belfast University. Steve has a 16yr old son. He and his son are both on the autistic spectrum and high functioning. As such Steve offers up an interesting first person perspective and insight into some of the areas that are little talked about by many people in mainstream society.

There are still limited places available at a cost of £25 for parents £40+VAT for professionals. To book a place: email Alex Kelly on alex@alexkelly.biz. For further information visit www.shantsnas.org.uk/Diary%20dates.

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.

Hampshire Special Needs Information Day

As previously reported, 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 parent and carers will be invited to pre-book their free places on the sessions of their choice.

Further details about the event will be sent to you soon, but in the meantime please put the event on your calendar.

Hampshire Autism Voice survey about transition

Many thanks to those of you who completed the recent Hampshire Autism Voice survey about transition. The results are being collated at the moment and will be available on HAV's website very soon (www.hampshireautismvoice.org.uk).



Asperger Southampton

This is a small group which aims to provide knowledge and advice, for adults, on living with Asperger Syndrome. Their service is particularly targeted at those living in Southampton with the condition, plus individuals and organisations that may support or come into contact with them. Visit their Facebook page at https://www.facebook.com/aspergersoton?ref=aymt_homepage_panel.

NAS Young Campaigners

The NAS Young Campaigners are a group of young people with autism in England aged 13-19 who campaign to transform the way society views people with autism. The group provides an opportunity for young people with autism to develop skills, have fun and work with others from around the country to drive change, and for parents to meet one another and share experiences. The group typically meet five times a year in Central London membership is limited to a maximum of two years. For more information visit www.autism.org.uk/ycg.

Applications are now open to join the group this year. If you know a young person with autism aged 13 – 19 who might want to be involved, please let them know. To apply to join the group contact campaign@nas.org.uk, if possible by **Friday 11 September** or as soon after that as possible.

EarlyBird – Post-diagnostic support for families with young children

In 2014, over 2,500 families attended an NAS EarlyBird or an EarlyBird Plus programme in their local area. At EarlyBird, parents will receive information about autism and the different ways in which young children with autism think. For those families with older children (between 4 and 9 years of age), EarlyBird Plus gives parents the opportunity to learn how to achieve consistency between home and school. In Hampshire there are EarlyBird Centres in Alton, Basingstoke, Farnborough, Gosport, New Forest, Portsmouth and Winchester. Find out more about EarlyBird and EarlyBird Plus, visit www.autism.org.uk/earlybird.

Mayflower Theatre Social Group

This is a new social group for adults with Aspergers or High Functioning Autism. The Mayflower Theatre Social Group meets in a private room in The Mayflower Theatre each month. The group will be meeting on the following dates:

- **1 September** at 10.00am – 1.00pm (this will feature a theatre tour for £2.50)
- **29 September** at 11.00am – 12.30pm
- **27 October** at 11.00am – 12.30pm
- **24 November** at 11.00am – 12.30pm
- **29 December** at 11.00am – 4.00pm (this includes a viewing of a relaxed performance show, price TBC)

For more information please contact Jamie Pratt at Community Access, Autism Hampshire, Jamie.pratt@autismhampshire.org.uk, tel: 02380 633951.

Autism Family Respite Conference: A Future for Adults with Autism. A Way Forward, London

This is the maiden conference of the Autism Family Respite Project and it is being held on **Saturday 10 October** from 9.30am-3pm at St Martins-on-the-Field, Trafalgar Square, London, WC2N 4JJ. The event is aimed at parents/carers, commissioners, managers and providers of services for adults on the autism spectrum and anyone who is interested in learning and getting a better understanding of autism. The cost is £20 per person plus £1.85 including tea and coffee. Lunch is not provided. The project is set up to provide much needed information, support and respite to families that have children with autism. The event provides a platform for people who are involved in caring and commissioning care for people with autism, to learn about how parents have managed their children who have autism and moved them to a functional adulthood. To book, visit www.eventbrite.co.uk/e/autism-family-respite-conference-a-future-for-adults-with-autism-a-way-forward-tickets-17408662779.

Positive contributions of children with autism to their families

The latest Research Update is out! This issue focuses on the positive contributions children with Autism make to their families. Much research focuses on the negative aspects of the impact that children with Autism have in their family. As you will see from this issue, and you probably know from your own experience, there are also positive aspects of having a child with Autism. You will be able to download this issue from the Hampshire Local Autism Directory. <http://www.autismhampshire.org.uk/local-autism-directory/research/>.

Autism Awareness Learning Resources list from Health Education England

Health Education England is keen to ensure that our workforce have access to appropriate awareness raising resources to enable them to provide appropriate care to people with Autism across all healthcare settings. They have listed resources that have been developed to increase awareness and understanding of autism to enable frontline staff to better recognise and respond more effectively to the needs of adults with autism. Visit www.hee.nhs.uk/work-programmes/mental-health-and-learning-disability/autism-awareness-learning-resources/.

Dentists

It is important to take children to see the dentist from an early age but if your child/young person has a learning disability or other medical condition, they may find visiting the dentist difficult. Parent Voice has compiled an article on its website offering lots of links to useful resources and organisations with information and advice about visiting the dentist. To read the article please visit www.parentvoice.info/en/Dentists or call 03003 038603.

Untested autism therapies and interventions

The NAS press team is doing some work around untested autism therapies, interventions and so-called 'cures' and are trying to establish how common products like this are. If you have been concerned by the claims made by therapies, interventions or 'cures' please email press@nas.org.uk with more information?

Reminders:

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. For anyone wishing to become an Autism Ambassador, we are planning another training day, hopefully in September, for people to sign-up. Full details of what this entails can be found at www.ascambassador.org.uk. More information will be available shortly.

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/>

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 Smart Phone 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 chose 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 or to sign up at www.autism.org.uk/Working-with/Education/teacher-form.aspx.

NAS Surrey Branch conference

This popular event is being held on **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, reduced by £5 for those booking before 31 May. 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 recently 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, by 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
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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.