



Newsletter

Welcome to the May-June issue of Surrey News

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We are still *urgently* looking for new volunteers to enable us to continue to deliver NAS Surrey Branch groups, events and activities. The branch is run entirely by volunteers who are all parents of children or adults with ASDs or who are on the spectrum themselves. We volunteer as we know how beneficial parent-to-parent support was for us when we first found out that autism was part of our family's lives.

If you can help – even for just a few hours a month – please get in touch. All you need is an understanding of how to help families that include someone with autism, the ability to commit some regular time, ideas and endless enthusiasm! Roles we need help with include:

- Helping to staff stands at events such as the Freemantles conference (see p3)
- Attending committee meetings and contributing new ideas and information
- Reports and information about local activities for the newsletter and forum
- Admin tasks such as arranging photocopying and delivering materials such as handouts

We are particularly looking for volunteers who have school age children and people from east Surrey, as currently all the committee live in the west of the county.

I have reluctantly decided that I won't stand for re-election as chair this year after six years in the role: I am now working full time so am struggling to commit enough time. I will however stay on the committee and keep writing the newsletter.

Emma

Emma Whitfield
Chair (volunteer)
NAS Surrey Branch
General Email: info@nassurreybranch.org
Web site: www.nassurreybranch.org
Twitter: @NASSurreyBranch
Donations: www.justgiving.com/nassurreybranch

NAS Surrey Branch Contacts

Chair:

Emma Whitfield 07423 435413
emma@mugsy.org

Treasurer:

Haywood Drake 01483 457646
bobdrake357@btinternet.com

Deputy Chair / Adults:

Sara Truman 01483 822630
nas@mugsy.org

Branch Membership:

Nancy Rowell 01252 514708
membership@mugsy.org

Events:

Sarah Mead 01483 454245
sarah_mead@hotmail.co.uk

Emma Searle 07816 127630.
ephillpotts@gmail.com

Jill Goulding 07905 364931
Jill.goulding@gmail.com

North Surrey

Vacancy

South East Surrey:

Helen Trenaman 01737 360069
trenamans@talktalk.net

Parents of Girls' Group

Rachel Pearson 01483 727378
racheldpearson@gmail.com

Fundraising

Vacancy

Fathers' Group:

Martin Trenaman 01737 360069
trenamans@talktalk.net

Parents of Adults' Group

Hilary Dyce 01276 66032
hilarydyce@yahoo.co.uk

Postal library Service

Susan Salters
nassblibrary@gmail.com

Other Useful Contacts

Unless clearly stated, organisations are not endorsed by NAS Surrey Branch or the NAS.

NAS web site: www.autism.org.uk

NAS Helpline: Tel: 0808 800 4104 (10am – 4pm), or email autismhelpline@nas.org.uk

NAS Parent-to-Parent line 0808 800 4106

NAS national membership: 020 7903 3563

Email membership@nas.org.uk

Education Support

NAS Education Rights: 0808 800 4102

SSIASS Parent Support: 01737 737300

<http://www.surreyparentpartnership.org.uk/>

SOS!SEN charity to support statementing, tel:

020 8538 3731, Web: www.sossen.org.uk

Family Support & Representation

NAS Family Support worker Surrey

Amy Sinclair amy.sinclair@nas.org.uk

Tel: 01483 521 744

Portage – support for children with additional needs under 3.5 years 0300 200 1004

Family Voice Surrey parent representation

www.familyvoicesurrey.org

Local parent programmes

Early Bird for parents of under 5s

Cygnnet for parents of children aged 5 – 19.

Contact Vicky Jones training@linden-bridge.surrey.sch.uk Tel: 07747 595 155

Redhill CAMHS group for parents of children with ASDs, tel: 01737-287002

Activities for children and young people

NAS Resource Centre, Godalming Tel:

01483 521743

SEResourceCentres@nas.org.uk

interAKtive, Epsom-based charity for children with ASDs and other communication difficulties 07876 762178,

www.interaktive.org.uk

Adult Services

Surrey Adult social svcs: 0300 200 1005

NAS Surrey Service Tel: 01483 861600,

email: surrey.service@nas.org.uk

Employment Support

Employability for people with disabilities including ASDs tel: 01483-806806, email:

employability@surreychoices.com

Benefits advice

Carers Support <https://www.carers.org/>

NAS Tips page – via www.autism.org.uk

Cerebra DLA guide: 0800 328 1159

Ice Skating Event

We are holding our annual ice skating event along with the charity interAKtive **on Saturday 8th July from 4.45 – 5.45pm** at Guildford Spectrum Ice rink.

We take over the whole ice rink, get the flashing lights and loud music turned off and provide plenty of pushalong penguins to help children who aren't confident on the ice. You can also come straight into the rink through a back door without having to go through the noisy reception area if that works best for your family.

Please note, children remain the responsibility of their parents at all times and we ask that children under 12 are accompanied on the ice by a responsible adult. Guildford Spectrum recommends that children under 10 should wear one of the helmets supplied (they can wear their own if they prefer).

To book your place, go to <https://www.eventbrite.co.uk/e/nas-interaktive-family-ice-skating-july2017-tickets-34191180742>. Suggested Donation: £4.50 per skater

For more information, contact Sarah Mead on 01483-454245, email sarah_mead@hotmail.co.uk

Cygnets parent workshop in Guildford

We are once again hosting two 2-day Cygnets workshops for parents of children aged 5 – 18 with an ASD who want to learn more about autism and find out how to best support their child or young person. Our Dorking workshop is already fully booked, but we have limited places available for the session in Guildford on Tues 13th & Weds 14th June from 9.30am - 2.30pm.

Cygnets is a programme developed by Barnardos to help parents to:

- Increase their understanding of autistic spectrum conditions
- Develop their knowledge of how a child on the autistic spectrum may experience the world and what drives their behaviour
- Learn about practical strategies to use with children
- Find out about relevant ASD resources
- Meet with other families to gain support and learn from each other.

Topics covered include autism & diagnosis; communication; sensory issues; understanding behaviour and managing behavior.

Our workshops are delivered by experienced trainer and SEND Education Consultant Liz Waters.

This two-day course is FREE for families in Surrey to attend, but a REFUNDABLE deposit is required. *We reserve the right to cash the cheques of people who have booked but do not attend.* To check availability, contact Sarah Mead sarah_mead@hotmail.co.uk with the word 'Cygnets' in the subject line. If you can't make this date, or if it is fully booked, we can add you to the waiting list for the next session in the autumn.

Please note, these are sessions for NAS Surrey Branch members, funded by the Branch. The main programme of Cygnets courses in Surrey is delivered by the Surrey SEND teaching school, which also delivers NAS Early Bird courses for parents of under-5s. For more detail go to <http://www.sendteachingschool.co.uk/services/family-support/> or email courses@sendteachingschool.co.uk

NAS Resource Centre Swim Days

The Kids Club team at the NAS Resource Centre is holding four Autism Friendly Swim days on Saturday evenings at Guildford Spectrum, thanks to funding from the Swimathon Foundation. Provisional dates are 17th June, 15th July, 30th September and 4th November from 6.30 – 7.30pm. Please get in touch if you want free places for your family or yourself - places are limited. Email: SEResourceCentres@nas.org.uk

Sparklers Breakfast Meetings

Sparklers parent-to-parent group in Deepcut is running breakfast mornings on the last Monday of every month from 10.00 - 11.30am at 100 Alma Gardens, Deepcut, GU16 6TU. The meeting is for parents, guardians and carers of individuals with additional needs. Young ones who are not in nursery or school at the time are welcome to come along. For details, contact abbie_72gh@yahoo.com or call 07854 71041.

Freemantles Conference: Monday 19th June 2017

Freemantles School is hosting a conference entitled 'Promoting Emotional Wellbeing in Children and Young People with Autism'. The keynote speaker is Dr Paramala Santosh, who will share his extensive expertise and discuss how technology can be used in the assessment of emotional wellbeing in children and young people with Autism.

Dr Santosh will be joined by researchers Rachel Kent, Pippa White and Isabel Yorke from Kings College London who will be presenting their innovative research that is currently being undertaken around anxiety and emotional wellbeing.

Also presenting during the day will be professionals from Freemantles, who will be sharing practical strategies and tips on supporting emotional wellbeing and mindfulness in an educational setting.

The day offers parents and professionals an opportunity to hear leading speakers from both the fields of research and education with a shared aim of promoting emotional wellbeing and its importance to children and young people with autism. Places must be booked in advance. For further details and to book your place now, please visit:

<http://www.freemantles.surrey.sch.uk/Training/conference-emotional-wellbeing/>

Autism-friendly Screening of Peppa Pig

A local mum has persuaded the Odeon in Guildford to add an autism friendly showing of *Peppa Pig: My First Cinema Experience* on Thursday May 4th at 4.15pm. Book online at http://www.odeon.co.uk/films/autism_friendly_peppa_pig_my_first_cinema_experience/101149/#showtimes

The charity Dimensions also organises autism-friendly screenings at Odeon, Vue and Showcase cinemas. Details of upcoming showings are at <https://www.dimensions-uk.org/families/autism-friendly-environments/autism-friendly-screenings/latest-autism-friendly-films/cineworld-autism-friendly-cinema-screenings/>

SEN Day at Ride-on Model Railway in Thames Ditton

Malden & District Society of Model Engineers is once again holding a FREE open day for families that include children with SEN or disabilities with ride-on model trains on Sunday 11th June.

For details go to <http://malden-dsme.co.uk/public/index.asp> or contact Peter Pullen pjpullen@talktalk.net tel: 020 7783 9174.

Friendly Group book

Many branch members will know of the Friendly Group, the social and therapeutic group for children and young people with ASD in Guildford, run by educational psychologist Anita Hughes. She has now written a book about the Group, called Making Friends.

The Friendly Group was started in 1999 with 5 children who came together through the NAS Surrey Branch, and more than 200 youngsters have attended the group over the last 18 years. Anita's book explains the philosophy behind the group and the practicalities of how it is run. She also describes the difficulties that the children and young people have with social interaction and communication, and how the group tries to help participants learn to overcome these. There is a tremendous amount of thought and attention to detail put into the different aspects of the sessions and the interactions between Anita and her team and the group members, in order to reduce the participants' anxiety and encourage them to understand and express their feelings, as well as to connect with each other.

"Making Friends" will primarily be of use to any professional thinking of setting up a similar group, and will give them invaluable advice on how to do it. It is also an interesting read for parents as Anita explains what is behind the things the children and young people say and do – or don't say and don't do. Some of the techniques used at the Friendly Group to encourage the development of participants' communication and emotional understanding can be used by parents too. For example, using "wondering aloud" – helping children to understand the emotions they are feeling, and that someone else has recognised those feelings, in a way that does not put pressure on them, by talking out loud to the group or to another adult e.g. "I wonder if A is a bit upset about what C has just said. His face has a sad expression." A copy of "Making Friends" will be added to the NAS Surrey Branch postal library <http://www.nassurreybranch.org/postal-library.html>

NB – if you're looking for the book online, make sure you look for **Anita M Hughes**.

ASD Across the Lifespan – Kingston workshop

Kingston University is running a half day workshop called "Autism Spectrum Disorder Across the Lifespan: Practical Outcomes". It aims to equip those who work alongside people with ASDs, including parents and professionals, with knowledge and understanding of the approaches that they could adopt in order to work effectively with children, adolescents, and adults in a variety of settings. There will be a special focus on education, employment and mental health outcomes and a discussion about future research priorities. The workshop is on Wednesday 28 June 2017, from 2.00pm - 5.30pm, at Kingston University. The price is £25. For full details and to book your place go to:

<http://www.kingston.ac.uk/events/item/2643/28-jun-2017-autism-spectrum-disorder-across-the-lifespan-practical-outcomes/>

NAS Autism Information Research

The National Autistic Society would like to hear your views about information on autism.

Between the 5th and 8th June 2017, focus groups will be held in Surrey to understand if the NAS is providing the right types of autism information for you, whether all the information you need is available and if not, what other information the NAS could provide in the future to better meet your information needs. (This applies to all types of information on autism i.e. online, print and social media).

Refreshments including sandwiches will be provided and local travel expenses reimbursed. If you would be interested in taking part in the focus groups or would like any further information about what is involved please email Denise May: denise.may@nas.org.uk

NAS SURREY BRANCH CALENDAR

We have re-jigged our calendar so that you can view events by type, with support groups listed by the location where they take place – thanks to Jill Goulding for collating all the information. Let us know if this is helpful or if you preferred the old format by date. If there isn't a meeting in your area, why not host one yourself? To find out more, contact Emma Whitfield at emma@mugsy.org

Local Parent-to-Parent Support Group Meetings

A chance to meet other families, share information and seek support. Please always contact the relevant volunteer before going along to make sure nothing has changed. Meetings run during term-time only.

Guildford – Contact Sara Truman nas@mugsy.org 01483 822630

- Mon 15th May 10.00 am – 12 noon
- Mon 12th June 10.00 am – 12 noon
- Fri 7th July 10.00 am – 12 noon

Woking – Contact Sarah Norris sarah4ian@ntlworld.com 07543 920917

- Wed 17th May 10.00 am – 12 noon
- Wed 14th June 10.00 am – 12 noon
- Wed 12th July 10.00 am – 12 noon

Hinchley Wood – Contact Juliette Sturge juliettesturge@gmail.com

- Thurs 8th June 8pm Pub meeting - The new George Evelyn Pub (the old Dittons pub) in Long Ditton. Partners welcome.
- Fri 30th June 2.00 - 3.15pm .Support Group, Hinchley Wood Primary School.

Frensham – Contact Christine Malik christinemalik@btinternet.com or Bonnie Noyce jbnoyce@yahoo.com

- Mon 22nd May, 9.15 – 11.30am, The Holly Bush, Frensham, GU10 3BJ.
- Mon 19th June, 9.15 – 11.30am, The Holly Bush, Frensham, GU10 3BJ.
- Mon 17th July, 9.15 – 11.30am, The Holly Bush, Frensham, GU10 3BJ

Redhill - Contact Helen Ruffhead 01737 212043 h.ruffhead@ntlworld.com

- Wed 24 May 10.00 am – 12 noon
- Wed 28 June 10.00 am – 12 noon

Weybridge – Contact Contact Fi Phippen f.phippen@talktalk.net

- Friday 26th May 9.30 – 11.30am Café Rouge, Queens Road, Weybridge
- Friday 30th June 9.30 – 11.30am Café Rouge, Queens Road, Weybridge

Milford – Rodborough Cullum Centre. Contact Sue Briggs sue.briggs@hotmail.co.uk

- Dates TBC – meets half-termly in an evening at the Cullum Centre at Rodborough School, Milford.

Dads' Group. Contact Martin Trenaman trenamans@talktalk.net

The Dads' group meets socially 3-4 times a year to allow fathers of children on the spectrum, or who are linked to ASD children or adults, to come together socially and to support each other.

The group will be meeting up in May or June (and the annual summer's evening Dad's group pub outing will be in July, final dates to be arranged. Contact Martin Trenaman for details, or to join the email group.

Parents of Girls Group - Contact Rachel Pearson racheldpearson@gmail.com

An active group that meets in Woking and Guildford during mornings approximately once a month during term-time.

- Friday 12 May 10 am, **Guildford**
- Tuesday 13 June 10 am, **Woking**

Parents of Adults Groups

A chance to meet parents and carers who have an adult offspring on the spectrum for an informal meal or drink and to seek support. Meetings run all year.

- **Thurs 4th May, 7.30 pm Haslemere.** Contact Sara Truman 01483 822630
nas@mugsy.org
- **Weds 7th June, 7.30 pm Weybridge.** Contact Hilary Dyce 01276 66032
Hilarydyce@yahoo.co.uk
- **Thurs 6th July, 7.30 pm Farnham.** Contact Sara Truman 01483 822630
nas@mugsy.org
- **Date TBC June or July 7.30pm, Reigate.** Contact Sara Truman 01483 822630
nas@mugsy.org

Spouses and partners Group. Contact Sara Truman 01483 822630 nas@mugsy.org

An evening meeting for the partners of people on the spectrum (no diagnosis necessary). Meetings run all year.

- Wednesday 31st May, 8.00 p.m. **Guildford**
- Wednesday 28th June, 8.00pm. **Guildford**
- Wednesday 26th July, **Guildford**

Other Events (not run by NAS Surrey Branch)

- **Wed 31 May 2017 and Thursday 6 July IPSEA Foundation SEND Law Training** day for parent and carers. IPSEA are running two training sessions in London for parents and carers with SEND children over the next few months. It will provide parents, carers and family members of children and young people with all types of special educational needs and/or disability (SEND) with an introduction to the law relating to the education and training of children and young people with SEND. They do not need any previous knowledge of SEND Law, but must be the parent, carer or family member of a child with SEND. Venue: Amnesty International, 25 New Inn Yard, London, EC2A 3EA. The cost of the day is £65 and will run between 9.30am and 2.30pm. For details go to: <https://www.ipsea.org.uk/training/parent-carer-foundation-training>
- **Tues 16th May 5-6pm. 'Structure at home' talk,** The Cullum Centre, Hinchley Wood School. Contact ABrooks@hinchleywoodschool.co.uk
- **Monday 19th June – Freemantles Conference: Promoting Emotional Wellbeing in Children and Young People with Autism,** Woking. Details on p4.

NAS Family Support Talks

NAS Family Support from the Godalming resource centre runs occasional talks for parents and professionals around Surrey. For details contact Amy Sinclair, Autism Family Support Co-ordinator, NAS Surrey Autism Resource Centre Tel: 01483 521 744, email: Amy.Sinclair@nas.org.uk.

Details are usually posted on their Facebook page:

www.facebook.com/NasSurreyResourceCentre or Twitter: @AutismRCentres

Positive Autism Support and Training PDA Course

The independent consultancy Positive Autism Support and Training (PAST) is running a workshop on Parenting children who present with Pathological Demand Avoidance (PDA) on Thursday 11th May in Dorking from 10.00 - 3.30. It costs £65.00. To book please contact Leanne at PAST: leanne4past@gmail.com

PAST also runs a parent support group on the first Friday of each month at The Hot House Café, Downside Road, Cobham, KT11 3LU from 10.00-11.00am.

Curly Hair Project Talks

The independent consultancy The Curly Hair Project is running the following talks in coming weeks:

- Friday 5th May 19.00, Surbiton - ASD and Family Relationships
- Friday 19th May 19.00, Surbiton - ASD and Challenging Behaviour
- Thursday 25th May 17.00, Kingston - Primary to Secondary Transition with ASD
- Friday 2nd June 19.00, Surbiton - ASD and Females
- Friday 16th June 19.00, Surbiton - Puberty, Sexuality and Relationship
- Friday 30th June 19.00, Surbiton - ASD in the workplace
- Friday 14th July 19.00, Surbiton - ASD and Socialising

For details and costs go to <https://thegirlwiththecurlyhair.co.uk/>

Thank You to our Supporters

We have been lucky enough to receive several generous donation from members recently. The branch doesn't receive any external funding, so donations such as these make a huge difference in what we can offer.

Our heartfelt thanks go to:

- **Dean & Tracey Pusey** and friends from St Mark's Church, Woking, for raising £85.61 at an Autism Awareness day in early April.
- **Lucy Cherry-Smith** who asked friends to donate money to the Branch instead of receiving gifts for a special birthday. Her generous friends have given £145.
- **Hayley Willoughby** and friends from the We-Shine ANTS group in Walton who sold cakes for World Autism Awareness Day in aid of the branch. The final amount is to be confirmed.
- **Hilary Richardson** who collected £42 by selling teas and cakes at the Hersham Craft fair in April.
- All the friends and family who attended **Emma Whitfield's** Stella & Dot Fundraiser and donated over £300.

Please Contribute to Information for Families with New Diagnoses

As part of the development of Surrey's Joint Autism Strategy, independent SEN consultant Barney Angliss has been asked to help put together information that will be given to families when their child is diagnosed with Autism in Surrey. In order to ensure that he produces the information that parents need, he is asking parents of children who have had a diagnosis to answer a few questions. You can complete the short questionnaire here:

<https://www.surveymonkey.co.uk/r/T6Z3THB>

Branch AGM

Our AGM will take place during early July (date TBC). Emma Whitfield has said that she will not be standing for re-election as Branch Chair, but we are delighted that Haywood Drake is standing for re-election as Branch Treasurer. If you would like to put your name forward for either of these roles, please email Sara Truman at nas@mugsy.org by 15th June 2017.

Meeting Report – Educational Outreach

Our speaker for our last evening talk in Woking in March was Vanessa Clark, head of Outreach from Freemantles School, who spoke about the ASD educational outreach service for children in mainstream schools. Outreach teachers are able to visit and discretely observe children with ASDs in their school settings and make recommendations to the school on how best to support individual children and which strategies to use to help them learn. Outreach is delivered by area and type of school:

- Primary Schools – Freemantles (W Surrey) and Linden Bridge (E Surrey)
- Secondary – Abbey School (W Surrey) and Limpsfield Grange (E Surrey)

Outreach visits can only be requested by the school, usually in consultation with parents. If they wish, parents can instigate the process by giving schools a referral form for the relevant service, all of which can be downloaded from links here <http://www.freeoutreach.org.uk/referrals/>. The service can visit a child multiple times if needed, although as with all services in Surrey, there is a waiting list. Vanessa stressed that children do not need to have a diagnosis of an ASD to be eligible for the service

As Vanessa explained, these visits are designed to support the child, but also serve to upskill teaching and support staff in schools so that they understand more about supporting pupils on the spectrum. The Outreach teams also provide training for staff and offer phone and email advice for parents and professionals.

You can download Vanessa's slides from the [meetings page](#) on our website.

Freemantles is holding an Autism Workshop for professionals on 10th May from 10am-1pm. Cost £50. For details call 01483 545680 or email: info@freemantles.surrey.sch.uk

We are unfortunately not able to run evening meetings currently due to low attendance and a lack of volunteers to run them.

Some Challengers Groups Closing

As users of some of the play and youth schemes run by Challengers will know, some of their schemes are closing after the summer due to a reduction in funding. The groups affected are in playschemes at Woodlands School, Leatherhead; Linden Bridge and St Stephen's in South Godstone, along with youth programmes at NEScot in Ewell and Bookham Youth Centre.

CEO Laura Sercombe has said that they are working to reassure parents about future options. You can contact Challengers at <http://disability-challengers.org/>.

Yoga for Children with ASDs in Surbiton

The Community Interest Company, Express CIC, is starting a Yoga Club, initially for children on the autistic spectrum, however long term they would like to extend the offer to siblings and families.

- 5 - 9 years - 4:00 - 4:45pm
- 10 -14 years 4:45 - 5:30pm

The sessions run on a Monday, term time only, at Express CIC in Tolworth (just off A3). Cost will be £6.50 per session (payable to the instructor in advance each half term).

To sign up fill out a referral form <http://www.expresscic.org.uk/events.html>

SOS!SEN Advice Centres

The independent SEND educational charity, SOS!SEN holds regular advice centres for parents whose children are experiencing problems at school or who have issues with EHCPs or assessments.

They have a new Worcester Park Advice centre at the SOS!SEN charity shop on Wednesdays from 4.30-6.30pm, 90 Central Road, Worcester Park. KT4 8HU. This is available on 3rd May, 7th June and 5th July.

Other forthcoming centre sessions are:

Thornton Heath 10:15-12:15

(usually 1st Monday)
The Salvation Army, 66 High Street,
Thornton Heath, CR7 8LF

8th May 5th June
 3rd July

Hampton Court 10:15-12:15

(usually 3rd Wednesday)
Fontenay, 11a Creek Road,
East Molesey,
KT8 9BE

17th May 21st June
 12th July

Aldershot 10:15-12:15

(usually 2nd Tuesday)
The Games Shop, 6 Wellington Street,
Aldershot, GU11 1DZ

9th May 13th June
 11th July

Waterloo 17:30-19:30

(usually 2nd & 4th Thursday)
Chaplin Close Community Hall, Gray Street,
London, SE1 8TU

11th & 25th May 8th & 22th June
 13th July

For more details go to the SOS!SEN website <http://www.sossen.org.uk/>

Information for Adults

NAS Linden House Services Moving Premises

The NAS Resource Centre at Linden House in Catteshall Lane is moving to new premises in Godalming this month as the lease has expired on the current premises. We will publish the new address on our website once we have the details.

All other services in Godalming such as Horizons and The Old Mill will remain at the same locations. To contact the Resource Centre email SEResourceCentres@nas.org.uk.

Challenging Behaviour Meeting

The Surrey Positive Behaviour Support Network works to improve support for adults with autism or a learning disability whose behaviour is extremely challenging. The Network is holding a free meeting in Leatherhead on Tuesday 20th June from 1.00 – 3.00 p.m. on the topic of “Families living with behaviours that challenge.” Space is limited so those wishing to attend should email autism@surreycc.gov.uk as soon as possible for more details.

To find out more about the Network go to

<http://www.surreypb.org.uk/surrey-positive-behaviour-support-network.html>

Information for Adults / cont'd

New NAS Redhill Young Adults Group

The NAS Resource Centre has set up a group aimed at young adults (18 - 25) with autism or Asperger's, or those seeking a diagnosis. The group meets once a fortnight on a Wednesday evening from 7.00pm to 9.00pm at the Harlequin Theatre in Redhill. The new group is for young people who can attend independently (though some may need a lift to and from the group) and generally be responsible for themselves whilst there. They estimate that up to 15 young people will come once it's fully up and running. There is a rotating agenda of three types of meeting:

- Fun activities
- Discussion night
- Pub night

This is in addition to the regular young adults group in Guildford and the fortnightly Aspire over-25s group in Godalming. For more details, contact Mike Leat mike.lead@nas.org.uk or phone 07436 261194.

Mencap Hospital Survey

Mencap want to hear from adults with a learning disability (or their carers on their behalf) about their experience of going to hospital. The survey, which is in Easy Read format, can be completed online here: https://www.surveymonkey.com/r/mencap_health_survey Alternatively, you can contact Mencap to ask for a paper copy to be sent to you by emailing campaigns@mencap.org.uk or calling their helpline on 0808 808 1111.

Social Care Assessments Guidance

Mencap have produced a useful Easy Read guide for people with learning disabilities or autism to help them understand how to get a social care assessment and how to make sure that the assessment is carried out correctly as set out in the Care Act 2014. You can see the guide here: <https://www.mencap.org.uk/sites/default/files/2017-04/ER%20Social%20Care%20Assessments%2020ppA4%20%281%29.pdf>

You can also call the Mencap helpline on 0808 808 1111 to ask for a hard copy. There is also information about the Care Act and social care assessments for adults on the national NAS website here: <http://www.autism.org.uk/about/benefits-care/community-care/adults/england.aspx>

Inclusive Football for Adults in Morden

AFC Wimbledon Foundation are teaming up with Tooting and Mitcham FC to run a new Inclusive Football Adult League (16+), launching on 14th May. This is a NEW pan-disability 5-a-side and will cater for all abilities. There is no charge to participate.

- Arrival Time: 11:30am
 - Kick-off Times: 12pm-4pm
 - Venue: Tooting and Mitcham FC, Imperial Fields, Bishopsford Rd, Morden SM4 6BF
 - Team Layout: 5-a-side (no max player squad size)
 - League entry: This league is for all players with a disability such as mental health, physical disability, learning disability, Visual impaired, deaf or hearing impaired, etc.
 - Surface: 3G pitch
 - Footwear & Kit: Trainers and Football Astros. No Football Boots. Please bring shinpads.
- Next league dates are 18th June and 16th July.

To book your team entry or individual entry, please go to Eventbrite and select which playing level suits you: Blue, Yellow and Green. <https://www.eventbrite.co.uk/e/inclusive-football-adult-league-launch-date-tickets-33137044793>

Quiet Hour at Morrisons Woking

Morrisons Supermarket in Goldsworth Road, Woking, is offering a quiet hour on Saturday mornings for people with autism on a three-month trial until the end of June. If this is successful, it could become a permanent feature of the store.

<http://www.getsurrey.co.uk/news/surrey-news/woking-morrisons-launch-quiet-shopping-12805527>

NAS Guide for the Police

The NAS has produced a guide for police officers explaining what to do when they encounter people with autism. <http://www.autism.org.uk/products/core-nas-publications/autism-a-guide-for-criminal-justice-professionals.aspx>

“How Autistic Are You?” TV Programme

Channel 4 is planning a new programme called ‘How Autistic Are you?’ which it says will aim to ‘demystify one of Britain’s most misunderstood neurological disorders’. Featuring leading experts and people from the autistic community, the programme will present a new way for viewers to visualise where they are on the spectrum of autistic traits, and a team of autistic people will also take to the streets to try to teach the public what it really means to be autistic.

As part of the research for the programme, the production company, betty, has devised a questionnaire with Simon Baron-Cohen and Dr David Greenberg to understand the incidence of autism in the population. The questionnaire takes 5 minute and is not diagnostic.

<http://www.channel4.com/programmes/how-autistic-are-you>

About the NAS Surrey Branch

The Surrey Branch of the NAS is a volunteer-run parent-to-parent support group for families in Surrey affected by Autism Spectrum Disorders. It’s FREE to join (although a small donation is appreciated) and we have around 1,500 members. The branch holds regular meetings and organises social events, local coffee mornings and special interest groups, and represents parents in meetings with health, education and social services. We host an active Yahoo! online forum, and produce this newsletter every two months. To join, go to www.nassurreybranch.org or email info@nassurreybranch for a membership form.

If you are a member of the NAS at national level, you can nominate us as your branch by emailing supportercare@nas.org.uk which means we receive a percentage of your annual subscription.

*We’re part of **The National Autistic Society**, a national charity founded by parents in 1962 which runs a wide range of services such as schools, clubs and adult centres. It has over 20,000 members, 100 branches and works in partnership with more than 50 local autism societies. The NAS exists to champion the rights and interests of all people with autistic spectrum disorders and to ensure that they and their families receive quality services appropriate to their needs. **National Autistic Society, 393 City Rd, London EC1V 1NG** www.autism.org.uk. **The National Autistic Society is a registered charity, number 269425. Company limited by guarantee number 1205298.***

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