



# Newsletter

## Welcome to the January issue of Surrey News

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### **Do you belong to the NAS?**

We recently conducted a survey to find out what NAS Surrey Branch members knew about membership of the National Autistic Society (NAS) nationally. As many people were not aware of the benefits of national membership, we thought it was worth reminding you that NAS at national level gives you:

- Subscription to *Your Autism* magazine and access to additional information in a members-only section of the web site, ‘Your Autism Extra’
- Discount on NAS books and DVDs
- Discounts on national conferences
- Members’ e-newsletter
- Reduced cost specialist insurance including travel, personal liability and life insurance for people with autism and their families
- An opportunity to attend the annual general meeting and to vote for members of the national forum
- An invitation to the annual family day.

You can find out more here

<http://www.autism.org.uk/get-involved/membership>

NAS membership costs £24 a year for an adult (if paid by direct debit) and there are concessionary and family rates available. If you decide to join - or if you are already a member - please do nominate us as your branch as this means that we receive part of your annual subscription. Just email [supportercare@nas.org.uk](mailto:supportercare@nas.org.uk) and say you support the NAS Surrey Branch.

### **Emma**

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

## NAS Surrey Branch Contacts

### **Chair:**

Emma Whitfield 07423 435413  
[emma@mugsy.org](mailto:emma@mugsy.org)

### **Treasurer:**

Haywood Drake 01483 457646  
[bobdrake357@btinternet.com](mailto:bobdrake357@btinternet.com)

### **Deputy Chair / Adults:**

Sara Truman 01483 822630  
[nas@mugsy.org](mailto:nas@mugsy.org)

### **Branch Membership:**

Nancy Rowell 01252 514708  
[membership@mugsy.org](mailto:membership@mugsy.org)

### **Events:**

Sarah Mead 01483 454245  
[sarah\\_mead@hotmail.co.uk](mailto:sarah_mead@hotmail.co.uk)

Emma Searle 07816 127630.  
[ephillpotts@gmail.com](mailto:ephillpotts@gmail.com)

Jill Goulding 07905 364931  
[Jill.goulding@gmail.com](mailto:Jill.goulding@gmail.com)

### **North Surrey**

Eileen Bruce 01932 225379  
[evbruce@hotmail.co.uk](mailto:evbruce@hotmail.co.uk)

### **South East Surrey:**

Helen Trenaman 01737 360069  
[trenamans@talktalk.net](mailto:trenamans@talktalk.net)

### **Parents of Girls' Group**

Rachel Pearson 01483 727378  
[racheldpearson@gmail.com](mailto:racheldpearson@gmail.com)

### **Fundraising**

Sarah Mason 07973 379131  
[slmason78@gmail.com](mailto:slmason78@gmail.com)

### **Fathers' Group:**

Martin Trenaman 01737 360069  
[trenamans@talktalk.net](mailto:trenamans@talktalk.net)

### **Parents of Adults' Group**

Hilary Dyce 01276 66032  
[hilarydyce@yahoo.co.uk](mailto:hilarydyce@yahoo.co.uk)

### **Postal library Service**

Susan Salters  
[nassblibrary@gmail.com](mailto: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](http://www.autism.org.uk)

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

**NAS Parent-to-Parent line** 0808 800 4106

**NAS national membership:** 020 7903 3563  
Email [membership@nas.org.uk](mailto: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](http://www.sossen.org.uk)

### **Family Support & Representation**

**NAS Family Support worker Surrey**

Amy Sinclair [amy.sinclair@nas.org.uk](mailto: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](http://www.familyvoicesurrey.org)

### **Local parent programmes**

**Early Bird** for parents of under 5s

**Cygnets** for parents of children aged 5 – 19.

Contact Vicky Jones [training@linden-](mailto:training@linden-bridge.surrey.sch.uk)

[bridge.surrey.sch.uk](http://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](mailto:SEResourceCentres@nas.org.uk)

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

[www.interaktive.org.uk](http://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](mailto:surrey.service@nas.org.uk)

### **Employment Support**

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

[employability@surreychoices.com](mailto:employability@surreychoices.com)

### **Benefits advice**

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

**NAS Tips page** – via [www.autism.org.uk](http://www.autism.org.uk)

**Cerebra DLA guide:** 0800 328 1159

## **Bowling Event in Frimley Sunday 19<sup>th</sup> Feb 2017**

We are partnering with a new parent-led support group, Sparklers in Deepcut, to run a bowling event in Frimley for families that include someone with an ASD or other learning, communication and developmental difficulties.

**Date:** Sunday 19th February 2017  
**Time:** 2.00 – 3.00pm  
**Venue:** Pine Ridge Bowling at Pine Ridge Golf Club, Frimley  
**Suggested donation:** £3.50 per head

We have reserved the bowling facility at Pine Ridge for up to 30 people for members of Sparklers Charity and NAS Surrey branch. The event is designed to let families and youngsters meet one another in a relaxed and fun environment.

We will have exclusive use of the bowling facility between 2.00pm and 3.00pm, but suggest arriving around 1.50pm to change into bowling shoes etc. There are six lanes with five or six players per lane, so you may be put with other members. ***Please note, children remain the responsibility of their accompanying parents/carers at all times.***

***You can book places online by using the link on our web site or going direct to our Eventbrite page: <https://www.eventbrite.co.uk/e/nas-surrey-branch-and-sparklers-ten-pin-bowling-event-tickets-29921688576> For more information, contact Harriet Agbenowu at Sparklers on 07854 571041 or email [sparklers.charity@yahoo.com](mailto:sparklers.charity@yahoo.com)***

## **Talk on Short Breaks Leisure in Guildford 18<sup>th</sup> January**

Our speaker in January is Jane Stark, Manager for Short Breaks in Surrey. Short Breaks are part of the support provided to families of disabled children and young people and are designed to have positive benefits for both children and their parents and carers. Short Breaks are currently being re-commissioned, so Surrey County Council recently worked with Family Voice Surrey to run a survey and focus groups to find out what outcomes families, children and young people want to see from Short Breaks. In response to the priorities set by families, they are now looking to turn some of the creative ideas that families suggested into a Short Breaks offer that meets a wide range of needs with the money available.

**Date:** Wednesday 18th January 2017  
**Time:** 7.45 for 8.00pm til approx. 9.30pm  
**Venue:** Guildford Institute, Ward Street, Guildford GU1 4LH

Please email [emma@mugsy.org](mailto:emma@mugsy.org) if you are planning on coming along

## **Talk on 'Thriving with Autism' in Redhill**

Our talk in Redhill in February is by Dee McAlinden and is entitled 'Thriving with Autism'. Dee was diagnosed very late at 48 years old along with her 20 year-old son and 10 year-old daughter. Like many, she went through a mixture of emotions: shock; relief; anger; anxiety; excitement - but now is full of hope for the future. Having raised her children without knowing about their ASD, she's always seen them as regular kids.

**Date:** Thursday 23<sup>rd</sup> February 2017  
**Time:** 7.45 for 8.00pm til approx. 9.30pm  
**Venue:** St Joseph's PNL Centre, 122 Ladbroke Road, Redhill RH1 1LF

Please email [emma@mugsy.org](mailto:emma@mugsy.org) if you are planning on coming along to give us an idea of numbers.

## Family Voice Surrey Free Parent Carer Events

The parent participation group Family Voice Surrey is holding a series of free events for parents of children with any type of disability or special need. Upcoming events are:

### 25<sup>th</sup> Jan - Caterham

Trainer: Mark Brown, Special Help 4 Special Needs

Understanding the behaviours or obsessions of a child with additional needs is key to helping them develop and deal with the world around them. In this session, Mark will offer top tips for developing your understanding of your child's behaviour and a 'tool box' of interventions to help you support them effectively

### 9<sup>th</sup> Feb - Camberley

Trainer: Mark Brown

This workshop, called "Just a few more minutes - getting more sleep" gives hints and tips on how to manage sleep issues, based on Mark's 30 years of experience working with people with additional needs.

### 22<sup>nd</sup> March - Staines

Trainer: Laura Kerbey, PAST

Laura will look at sensory needs and behaviour, positive behaviour management techniques and look at how you can build your own resilience.

Choose from a daytime (11am – 1pm) or evening (7pm – 9pm) session. For more details and to book, please contact Family Voice on [contact@familyvoicesurrey.org](mailto:contact@familyvoicesurrey.org) or call 01372 705708. For more details about Family Voice go to <http://www.familyvoicesurrey.org/>

## NAS Surrey Branch Ball 22<sup>nd</sup> July 2017

If you're filling up your 2017 diary, please save the evening of 22<sup>nd</sup> July for our summer fundraiser – venue to be confirmed very shortly.

This will be a chance to catch up with old friends and new who all have autism in their lives – and a chance for a guilt-free evening out for parents. We are seeking donations of raffle prizes and drinks, plus offers of help for the event itself, so if you can help, or work for a company that could, please contact Sarah Mason at [smason78@gmail.com](mailto:smason78@gmail.com)

## Help Make Surrey Libraries More Autism-friendly

Surrey Libraries are looking at how they can make libraries more accessible and welcoming to adults and children with autism and are planning changes including:

- Awareness training for library staff, so that they understand the needs of those with autism
- Adjustments to the physical library environment
- A social story and floor plan available at each library and on the website.

They will also be looking at the possibility of autism-friendly events for families. Carol Hales, the senior community connections officer for Surrey Libraries is keen to hear from as many people as possible about changes they would like to see in their local library that would make it more autism-friendly. As with all such projects, the budget is extremely limited, but she would still be happy to hear about big ideas as well as small changes and adjustments.

Please email any thoughts or ideas that you have to Carol Hales [carol.hales@surreycc.gov.uk](mailto:carol.hales@surreycc.gov.uk). She will let us know about changes as the project develops.

## **Sensory Conference in Dorking**

The SEND Teaching School and Surrey County Council are holding a Sensory Conference for up to 150 delegates. The event will include a series of presentations with regular coffee breaks, and there will be an exhibition of local organisations during the coffee and lunch breaks – NAS Surrey Branch will have a table at the event.

The event is aimed at both parents and professionals from both mainstream and special schools.

**Date:** Friday 27th January 2017  
**Time:** 9.00am – 3.30pm  
**Venue:** Denbies Vineyard, London Rd, Dorking, Surrey RH5 6AA

To find out more, contact Vicky Jones, email: [courses@sendteachingschool.co.uk](mailto:courses@sendteachingschool.co.uk) Tel: 020 8330 3009 extension 237.

## **'Day around the Autistic Spectrum' Event in Godalming**

Carers Support Waverley and Carers Support Guildford are holding a 'Day Around the Autistic Spectrum' for parents, carers, or friends of someone on the Autistic Spectrum of any age

**Date:** Thursday 19th January 2017  
**Time:** 9.30am to 4pm  
**Venue:** Guildford Rugby Club, Guildford Rd, GODALMING, GU7 3BU

The event will include a workshop by The Curly Hair Project covering topics including rigidity, refusal or ignoring requests, avoidance, behaving in non-socially acceptable ways in public and physical aggression and meltdowns.

The event will include information stalls covering most aspects of being a parent, carer or friend of a young person including disability, education, behaviour and respite. There will also be an opportunity during the afternoon for one to one advice from Core Assets, Surrey Welfare Rights and other agencies and community services.

Visitors are welcome to come to all or part of the day. If you would like to attend, please book your place ASAP by calling 01483 458123.

## **New Daytime Weybridge Support Group**

Sadly, attendance at our Weybridge pub meet has dwindled to virtually nil, so parent-volunteer organiser Fi Phippen is trying a morning group again to see if that suits people better. The group will meet on the last Friday of the month during term-time from 27<sup>th</sup> January at Café Rouge, Queens Road Weybridge after school drop-off at 9.15am. Café Rouge have kindly offered us use of their private room.

Please contact Fi at [fionnula.phippen@surreycc.gov.uk](mailto:fionnula.phippen@surreycc.gov.uk) for details and to make sure nothing has changed.

## **Dads' Group Meeting in January**

On Friday 13<sup>th</sup> January, the fathers of children and adults with ASD group (known as the 'Dads' group') will meet up for a meal out at 8.00pm. Venue to be decided – please contact Martin Trenaman for details, email [trenamans@talktalk.net](mailto:trenamans@talktalk.net) or tel: 01737 360069.

## Calendar of Events, Activities & Courses Jan - Feb '17

NAS Surrey Branch support groups, talks, parent programmes and activities are great places to meet other parents and get support - please contact the parent-volunteer who is hosting for details and to check that the event is still on a day or so beforehand. Our activities and courses get booked up quickly - to find out about things early, join the branch for FREE at [www.nassurreybranch.org](http://www.nassurreybranch.org) **Events shown in GREEN aren't organised by the NAS Surrey Branch: please contact the organisers direct.**

### JANUARY

Weds 11th 10:00am to 12:30pm, Parent Workshop - Dorking  
NAS Family Support service 'Understanding Challenging Behaviours'. See p9 for details

Fri 13<sup>th</sup> 10.00am – 12.00noon Support Group, Guildford  
Contact Sara Truman [nas@mugsy.org](mailto:nas@mugsy.org) 01483 822630

Fri 13<sup>th</sup> Jan 8.00pm Dad's Group meal out, venue to be decided.  
Contact Martin Trenaman [trenamans@talktalk.net](mailto:trenamans@talktalk.net) 01737 360069

Mon 16<sup>th</sup> 9.15am Support Group, Frensham  
Contact Christine Malik [Christine.malik@btinternet.com](mailto:Christine.malik@btinternet.com) / Bonnie Noyce [jbnoyce@yahoo.com](mailto:jbnoyce@yahoo.com)

Tues 17<sup>th</sup> 7.30pm Parents of Adults Group, Reigate  
Contact Sara Truman [nas@mugsy.org](mailto:nas@mugsy.org) 01483 822630

Tues 17<sup>th</sup> 6.00pm Parent workshop - Esher  
NAS Family Support service 'An Introduction to autism and Teenagers'. See p 9 for details

#### Weds 18th 7.45 for 8.00pm TALK

Guildford Institute, Ward Street, Guildford GU1 4LH. Talk by Jane Stark, Manager, Short Breaks - An update on plans for Short Breaks in Surrey and a chance to have your say. Please email [emma@mugsy.org](mailto:emma@mugsy.org) if you are planning on coming along.

Weds 18<sup>th</sup> 10.00am – 12.00pm Support Group, Woking  
Contact Sarah Norris [sarah4ian@ntlworld.com](mailto:sarah4ian@ntlworld.com)

Thursday 19<sup>th</sup> 'Day Around the Austistic Spectrum' Godalming. Run by the Carers' Support organisations in Waverley and Guildford. For details see page 5.

Friday 20<sup>th</sup> 10.00 am, Parents of Girls Group, Woking  
Contact Rachel Pearson [racheldpearson@gmail.com](mailto:racheldpearson@gmail.com) 01483 727378

Friday 20<sup>th</sup> 11.30am Parent Workshop, Godalming  
NAS Family Support service 'Introduction to Autism'. See p9 for details

Tues 24<sup>th</sup> 10am – 12.30pm, Parent Information morning 'Autism, Anger and Anxiety', at Woking Children's Centre. Run by members of the Freemantles Autism Outreach team. For details, email [info@freemantles.surrey.sch.uk](mailto:info@freemantles.surrey.sch.uk) or go to [www.freeoutreach.org.uk/training](http://www.freeoutreach.org.uk/training)

Wed 25th Jan 10am – 12 noon, Redhill Support Group.  
Contact Helen Ruffhead [h.ruffhead@ntlworld.com](mailto:h.ruffhead@ntlworld.com) 01737 212043

The branch is hosting a two-day Cygnet course on 31<sup>st</sup> Jan – 1<sup>st</sup> Feb, which is fully booked. To find out about future courses, email Sarah Mead [sarah\\_mead@hotmail.co.uk](mailto:sarah_mead@hotmail.co.uk)

## JANUARY Cont'd

Weds 25<sup>th</sup> 8.00 p.m. Spouses & Partners Group, Guildford  
Contact Sara Truman [nas@mugsy.org](mailto:nas@mugsy.org) 01483 822630

Weds 25<sup>th</sup> Jan – Family Voice parent carers event, Caterham  
Mark Brown, Special Help 4 Special Needs. 11am – 1pm or evening 7pm – 9pm – see page 5 for details.

Friday 27<sup>th</sup> 9.30 – 11.30am Support Group, Café Rouge, Queens Road, Weybridge.  
Contact Fi Phippen [fionnula.phippen@surreycc.gov.uk](mailto:fionnula.phippen@surreycc.gov.uk)

Friday 27<sup>th</sup> 9.00am – 3.00pm Sensory Conference. Organised by the Surrey SEND teaching School. See page 5 for details.

## FEBRUARY

Wed 1<sup>st</sup> Feb 7.30 p.m. Parents of Adults Group, Farnham  
Contact Hilary Dyce 01276 66032 [Hilarydyce@yahoo.co.uk](mailto:Hilarydyce@yahoo.co.uk)

Fri 3<sup>rd</sup> Feb, 9.15 – 11.15am Support Group, Chertsey  
Contact Emma Whitfield [emma@mugsy.org](mailto:emma@mugsy.org)

Mon 6<sup>th</sup> 9.15am Support Group, Frensham  
Contact Christine Malik [Christine.malik@btinternet.com](mailto:Christine.malik@btinternet.com) / Bonnie Noyce [jbnoyce@yahoo.com](mailto:jbnoyce@yahoo.com)

Thurs 9<sup>th</sup> Family Voice Surrey Parent Carer event  
Mark Brown, Special Help 4 Special Needs. 11am – 1pm or evening 7pm – 9pm – see page 5 for details.

Fri 10<sup>th</sup> Feb 10.00 am – 12 noon Support Group, Guildford.  
Contact Sara Truman [nas@mugsy.org](mailto:nas@mugsy.org) 01483 822630

Weds 15<sup>th</sup> Stay and Play in Deepcut, Sparklers Charity  
See p8 for details.

### **Sunday 19<sup>th</sup> 2.00 – 3.00pm Bowling event, Frimley**

An event for the whole family. Run in conjunction with Sparklers Charity. For details contact Harriet Agnbenowu at Sparklers Charity, [sparklers.charity@yahoo.com](mailto:sparklers.charity@yahoo.com)

Wed 22<sup>nd</sup> Feb 10-12pm Support Group, Woking.  
Contact Sarah Norris [sarah4ian@ntlworld.com](mailto:sarah4ian@ntlworld.com) 07543 920917

### **Thurs 23<sup>rd</sup> 7.45 for 8.00pm TALK**

St Joseph's PNL Centre, 122 Ladbroke Road, Redhill RH1 1LF. Dee McAlinden on 'Thriving with Autism', a personal account of her experience of being diagnosed as a 48 year-old and bringing up two children on the spectrum. Please email [emma@mugsy.org](mailto:emma@mugsy.org) with 'February Talk' in the subject line if you are planning on coming along to give us an idea of numbers.

Friday 24<sup>th</sup> 9.30 – 11.30am Support Group, Café Rouge, Queens Road, Weybridge.  
Contact Fi Phippen [fionnula.phippen@surreycc.gov.uk](mailto:fionnula.phippen@surreycc.gov.uk)

TBC 2.00pm Support Group, Hinchley Wood Primary School  
Contact Juliette Sturge [julietttesturge@gmail.com](mailto:julietttesturge@gmail.com)

## **Surrey CC SEND inspection Report Published**

The Inspection Report following a review of Surrey's Children's Services by Ofsted and the Care Quality Commission (CQC) was published in December. In their summary of their main findings, the inspectors began by saying, "Overwhelmingly, the parents and carers of children and young people who have special educational needs and/or disabilities, and who spoke with or contacted inspectors, lack confidence in the local area's leaders and services. This is the result of parents' continuing difficulties in obtaining the timely and accurate assessment of, and planning for, their children's needs. The area is making only slow progress in dealing with a significant backlog of applications for assessment. Half of new applications for assessment are managed in a timely way".

The Local Authority has 70 days from the publication of the report to respond. You can read the full report, plus an open letter to parents from Julie Fisher Director of Children Schools and Families for Surrey County Council and Chair of the Surrey SEND Partnership Board on the Surrey Local Offer website

[https://www.surreysendlo.co.uk/kb5/surrey/localoffer/site.page?id=NBmyktSa\\_y4](https://www.surreysendlo.co.uk/kb5/surrey/localoffer/site.page?id=NBmyktSa_y4)

## **'Stay and Play' Sessions in Deepcut**

The new parent-led group Sparklers Charity is running free parent and child playgroups for children with learning, communication, social and developmental difficulties with a developmental age 2 to 10 and their siblings in Deepcut. The session will give families an opportunity for exploratory play, with lots of toys, arts and craft, a sensory story and a chance to talk with professionals and other parents whilst you have a snack and a cuppa. The next drop-in session is:

**Date:** Weds 15<sup>th</sup> February

**Time:** 10.30am – 12.30pm

**Venue:** Garrison Community Centre, Newfoundland Road, Deepcut, Surrey. GU16 6SY

Parental supervision is required but volunteers will be available to lend a hand. The group can organise lifts for families who may struggle to get there. For more details or to confirm attendance, please contact Harriet on tel: 07854571041 or email:

[sparklers.charity@yahoo.com](mailto:sparklers.charity@yahoo.com) or go to <https://www.facebook.com/sparklerscharity.org.uk/>

## **Free Parent Workshops from Eagle House Mitcham**

Eagle House School is offering a series of free, standalone parent workshops entitled 'Unlocking the Potential of Children with Autism' offering expert advice, guidance and support to families and carers of young children with a diagnosis of autism or Asperger syndrome. The interactive workshops offer practical advice and ideas on how to support your child in developing all of those all important life skills – especially if they are about to start, or have already started nursery or primary school.

The workshops are delivered by Eagle House experts including Speech and Language Therapists, Occupational Therapists and Behaviour Specialists, who will share their experience and expertise to provide practical and fun strategies for families to use at home. Workshops are on Wednesday mornings 10.00 am - 12.00 pm at Eagle House School, Mitcham. Upcoming workshops include boundary setting (Jan), meal times (Mar), play (Mar) and building independence (May) :

For more details or to book, contact Eagle House Parent Liaison Officer, Adele on 0845 074 2972 or email [parent.support@eaglehousegroup.co.uk](mailto:parent.support@eaglehousegroup.co.uk)



## NAS Family Support Talks

NAS Family Support from the Godalming resource centre are running a series of talks for parents, plus one for professionals:

### **For Parents and carers:**

Topic: Understanding Challenging Behaviours

Date: 11th January 2017

Time: 10:00 to 12:30pm

Venue: The Point, Dorking

An Introduction to autism and Teenagers

Date: 17th January 2017

Time: 18:00 to 20:30pm

Venue: Esher C of E High School

Topic: Introduction to Autism

Date: 20th January 2017

Time: 11:30 to 14:00

Venue: NAS Linden House Godalming

### **For professionals:**

An Introduction to autism and Teenagers for professionals

Date: 30th January 2017

Time: 18:30 to 21:00pm

Venue: Carwarden House School

Topic: Introduction to Autism for professionals

Date: 7th February 2017

Time: 18:00 to 20:30

Venue: Carwarden House School

For details or to book contact Amy Sinclair, Autism Family Support Co-ordinator, NAS Surrey Autism Resource Centre Tel: 01483 521 744 or email: [Amy.Sinclair@nas.org.uk](mailto:Amy.Sinclair@nas.org.uk). Details are on Facebook: [www.facebook.com/NasSurreyResourceCentre](http://www.facebook.com/NasSurreyResourceCentre) or Twitter: @AutismRCentres

## Freemantles Training Events for Parents

Freemantles School is running two further events for parents in January:

- **Wed 11th Jan, 10am – 12.30pm**, Autism and Happiness, Woking Children's Centre. Promoting emotional wellbeing in children with autism, presented by Head Justin Price.
- **Tues 24th Jan, 10am – 12.30pm**, Parent Information morning; Autism, Anger and Anxiety, Woking Children's Centre. Run by members of the Autism Outreach team.

For details or to book, contact Vanessa Clark (nee Oldham), Leader of Autism Outreach, Freemantles School at [vclark@freemantles.surrey.sch.uk](mailto:vclark@freemantles.surrey.sch.uk) or tel: 01483 545680.

## Please Contribute Your Views to Joint Autism Strategy

As part of the local authority Joint Autism Strategy Group, Family Voice Surrey is leading a review into what information and services are available to families to navigate the system, looking at what works and where the gaps are pre- and post- diagnosis. They will be running focus groups throughout January and early February, including at NAS Surrey Branch meetings. Please email [info@familyvoicesurrey.org](mailto:info@familyvoicesurrey.org) for details. If you organise a group, or wish to contribute your views, please get in touch using the email address above with 'Joint Autism Strategy' in the subject line.

## **Meeting Report from Talk on SEN and EHCP Support**

*We were fortunate to have two very knowledgeable people from the world of SEN at our meeting in Guildford in November: Gaby Close, Head of SEND operations for Surrey County Council and Wendy Jenkins, Independent Support Manager, South East for Core Assets.*

### **Wendy Jenkins, Core Assets**

Wendy gave a brief summary of the Education Health and Care Plan (EHCP) process and began by summarising which elements of the plan do what. You can read more about it in Core Assets slides from a previous talk which is available on the meetings section of our web site <http://www.nassurreybranch.org/nas-surrey-meetings.html>

Wendy explained that Independent Supporters have been commissioned for every Local Authority area to help parents and young people navigate through the EHC planning process. Support is centrally funded by the Department for Education and managed by the Council for Disabled Children. She explained Section 19 of the Children and Families Act 2014 sets out the general principles that local authorities must have regard to when supporting disabled children and young people and those with SEN, with particular attention to:

- The views, wishes and feelings of children and their parents and young people
- The importance of them participating as fully as possible in decision-making and providing the information and support to enable them to do so
- Supporting children and young people's development and helping them to achieve the best possible educational and other outcomes

**You can self-refer to Core Assets Independent Support Service on 0800 0288 455 or email [ISReferrals@coreassets.com](mailto:ISReferrals@coreassets.com). There is more information on their website: [www.coreassets.com/what-we-do/independent-support-service](http://www.coreassets.com/what-we-do/independent-support-service)**

### **Gaby Close, Surrey County Council**

Gaby Close gave a brief overview of some of the changes that are already starting to take place as part of the development of the new Joint Autism Strategy being implemented by Surrey County Council.

### **Speech & Language Therapy**

Speech and Language Therapists currently employed by health providers such as VirginCare will transfer to Surrey County Council from April 2017, so that in future, speech and language therapy (SLT) will be delivered by the county's education provision. Speech therapy programmes, designed by a therapist but delivered by teaching staff, will become part of the 'core offer' of SEN support provided by schools. Schools can access ELKLAN training <http://www.elklan.co.uk/courses/practitioners> to enable them to deliver speech and language programmes for free, funded by Surrey. Gaby stressed that there is a shortage of therapists in Surrey and more are being recruited.

### **Occupational Therapy**

There is currently a very long waiting list for OT referrals in Surrey (up to two years), so the service is trying to offer parents some interim solutions such as information about sensory awareness and an OT 'handbook' to enable them to start using support strategies whilst they are waiting. Teachers can access a 'sensory checklist' to help them support pupils via the Autism Education Trust <http://www.aettraininghubs.org.uk/t4t/sensoryprofile/>

### **Parent Programmes**

Surrey is continuing to fund Cygnet parent programmes for parents of school-age children (4 – 19). However, it will be phasing out the Early Bird course and is assessing a new package from the Autism Education Trust. We will provide more information about this change when we have it.

## Meeting Report /Cont'd

### PDA

Surrey published a joint statement with local autism providers on Pathological Demand Avoidance in September 2015. You can read it here [https://www.surreycc.gov.uk/\\_data/assets/pdf\\_file/0012/79887/Joint-position-statement-on-PDA.pdf](https://www.surreycc.gov.uk/_data/assets/pdf_file/0012/79887/Joint-position-statement-on-PDA.pdf). Professionals such as home-school link workers, specialist teachers, educational psychologists and parents are able to access training on PDA.

### Short Breaks

There will be some changes to the criteria for accessing 'short breaks' and respite services. The service has recently conducted an in-depth survey of families' requirements in association with Family Voice Surrey. Short Breaks will be covered in more depth at our talk in January (see p3).

### SEN Teams

Gaby shared a draft of the new mission statement for the SEN teams (case officers) which focuses on putting families at the centre of everything they do.

Gaby invited parents to email her via NAS Surrey Branch ([info@nassurreybranch.org](mailto:info@nassurreybranch.org)) if their child's school is not providing support such as SLT, OT or other learning support that is specified on their EHCP or statement and is not able to offer a suitable explanation as to how the specified support will be provided. She has offered to write to the school if appropriate.

## Information for Adults

### NAS Employment Campaign

The second phase of the NAS's autism understanding campaign 'Too Much Information' is focused on Employment for adults. New research carried out by the NAS last year found that only 16% of autistic adults were in full-time employment, a figure which has barely changed in 9 years. Another 16% are in part-time work, giving an overall figure of 32% of autistic adults who have a job of some kind. This compares with 47% of disabled people as a whole who are in work, and 80% of non-disabled people. Whilst not everyone with autism will be able to work, 77% said that they wanted a job.

The NAS has produced a list of recommendations that it believes the Government should implement to increase the number of autistic adults in work. These include ensuring that people can access specialist autism employment support services, and making sure that employers are informed of the employment potential of autistic people. Other recommendations are about keeping data about the number of adults with autism who are working and outcomes for people who are on government schemes such as the Work and Health Programme or using Access to Work funding, so that progress can be checked. The Government has already committed to increasing the number of disabled people who are employed from 47% to 64% by 2020. Because people with autism are much more likely to be unemployed than disabled people in general, the NAS believes the Government should commit to double the number of autistic adults in work.

As part of the campaign, the NAS has set up a petition calling on the Government to take action, and produced a new 'Too Much Information' video about the difficulty autistic people can have with job interviews. You can see the video, and the campaign report, here: <http://www.nas.org.uk/get-involved/tmi/employment.aspx>. There is more information about work, and about the Too Much Information campaign here: <http://www.nas.org.uk/get-involved/tmi.aspx>

## NAS ASSIST Signposting Service

The NAS Resource Centre runs ASSIST, a free service for Surrey residents aged 16 and over who either have an ASD diagnosis, or who are actively seeking one. Appointments can be booked in Godalming and Reigate. Meetings can also take place via Skype.

The service offers:

- Individual support sessions with trained professionals
- Pre and post diagnostic support
- Advice on issues such as relationships, communication, employment, emotion management, ASD awareness and life skills
- Advice and information on local services

For details contact ASSIST at [assist.surrey@nas.org.uk](mailto:assist.surrey@nas.org.uk) or call 07436 261194.

## Sport Activities in Surrey

The basketball team Surrey Scorchers is running basketball sessions for people with learning disabilities on Monday evenings at St Peter's School, Merrow. The first trial session is free so you can see if you like it and the cost from then on is £2 per session. Contact [Foundation@surreyscorchers.co.uk](mailto:Foundation@surreyscorchers.co.uk) or tel: 07810 122389.

Chobham Rugby is running a mixed ability rugby team where able-bodied players play contact rugby alongside teammates with learning and/or physical disabilities over 17 years of age. The club is starting regular training from January 2017 onwards and they hope to schedule some games against other clubs before the end of the season in April 2017. For details go to <http://chobhamrugby.co.uk/teams/mixed-ability-rugby/>

## 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](http://www.nassurreybranch.org) or email [emma@mugsy.org](mailto:emma@mugsy.org) 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](mailto: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](http://www.autism.org.uk). **The National Autistic Society is a registered charity, number 269425. Company limited by guarantee number 1205298.***

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