

Welcome to the Dec18 / Jan19 issue of Surrey News

In this issue....

For details of local meetings, see our calendar on p 6 & 7

- Talk on Sleep and Anxiety in Guildford – p3
- Talk on PDA in Woking – p3
- Course for parents with a new diagnosis – p4
- Free workshops by NAS professionals – p4
- New monthly Dads' groups – p5
- Two important SEND consultations – Surrey CC and Family Voice Surrey – p8
- Snow White Sensory panto in Bookham and Crawley – p9
- Update on the Transition Team – p10

Information for Adults:

- Consultation on bus passes for disabled people – p 11
- Research into managing personal budgets – p 11

Wishing You a Merry Christmas and Happy 2019!

You'll notice that this edition of NAS Surrey News looks a bit different. This is because the National Autistic Society has updated its logo and brand. Here's how they explain the new look:

"The spectrum is the heart of our new visual identity. It's a strong, well-recognised representation of autism. It helps show we're here for people across the autism spectrum. The symbol in our logo takes a spectrum and turns it into an 'a' for autism. By doing this, it also makes the spectrum a circle, getting away from the misunderstanding that the spectrum runs in a line from one end to another.

"The spectrum also refers back to our history. Lorna Wing, one of our charity's founders, established the idea of the autism spectrum in the 1970s."

Here in Surrey, we're introducing the new branding gradually as we don't want to waste any materials.

What hasn't changed is that we are still holding a wide range of local meetings, talks and seminars designed to help the families and friends of people on the autism spectrum.

If you haven't already done so, please take five minutes to complete our short questionnaire (see p5) so we know which activities to focus on in the coming year.

Sara Truman
Chair (volunteer)

NAS Surrey Branch

General email: info@nassurreybranch.org

Website: www.nassurreybranch.org

Twitter: @NASSurreyBranch

Facebook: @NASSurreyBranch

Donations: www.justgiving.com/nassurreybranch

NAS Surrey Branch Contacts

Chair:

Sara Truman 07423 435413
nas@mugsy.org

Treasurer:

Haywood Drake
bobdrake357@btinternet.com

Branch Membership:

Nancy Rowell
membership@mugsy.org

Deputy Chair / Website & Newsletter:

Emma Whitfield
emma@mugsy.org

Events, Activities & Fundraising:

Please email events@nassurreybranch.org with the name of the event in the subject line

Sarah Mead

Emma Searle

Jill Goulding

Jo Dilworth

Parents of Girls' Group

Rachel Pearson
racheldpearson@gmail.com

Fathers' Group:

Simon Bunch
bunch.simon@gmail.com

Parents of Adults' Group

Hilary Dyce
hilarydyce@yahoo.co.uk

Weighted Blanket Loan

E Surrey – Penny Sims po.sims@yahoo.co.uk
W Surrey – Emma Whitfield
emma@mugsy.org
Blankets are suitable for a child from 25kg

POSTAL ADDRESS

Please note, no NAS staff or volunteers work at this address
NAS Surrey Branch
c/o Walton Charities,
2 Quintet,
Churchfield Road,
Walton on Thames KT12 2TZ

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
www.sendadvice.surrey.org.uk

SOS!SEN charity to support EHCPs etc, Tel: 020 8538 3731, Web: www.sossen.org.uk

Family Support & Representation

One Stop CAMHS / BEN Pathway family support 0300 222 5755

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

Family Voice Surrey parent representation
www.familyvoicesurrey.org

Action for Carers tel: 0303 040 1234
CarerSupport@actionforcarers.org.uk

Parent Programmes

PAT-P for parents of under 5s.

Cygnets for parents of children aged 5 – 19. courses@sendteachingschool.co.uk
Tel: 020 8330 3009 ex 237

Redhill CAMHS group f01737-287002

Activities for children and young people

NAS Resource Centre, Godalming: 01483 521 744 SEResourceCentres@nas.org.uk
interAKTive, Epsom-based charity for children with ASCs and other 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 ASCs Tel: 01483 806806, email: employability@surreychoices.com

Benefits advice

NAS Tips page – via www.autism.org.uk
Cerebra DLA guide:
<http://w3.cerebra.org.uk/> 0800 328 1159

Talk on Sleep and Anxiety

On Saturday 2nd February 2019, from 2.30 – 4.30 p.m, we are holding a talk about sleep issues in autistic children and how anxieties can affect sleep. The speakers are Dr Charlie Tyack and Dr Ann Ozsivadjian, who are both clinical psychologists at the Evelina London Hospital, part of Guys and St Thomas's Hospital NHS Trust.

The talk is being held at the University of Surrey, where there is plenty of parking, and it is also a short walk from the railway station. There is no charge, but donations would be gratefully received, either in cash on the day or via our justgiving page: www.justgiving.com/nassurreybranch

Places are limited, and MUST be booked in advance. To book go to Eventbrite: <https://www.eventbrite.co.uk/e/sleep-issues-in-autistic-children-tickets-52924794485#tickets>

The sleep session will be delivered by Charlie Tyack, and will cover factors affecting sleep, as well as how to address concerns specific to sleep in young people on the autistic spectrum. He is a clinical psychologist in the paediatric sleep department at Evelina London Children's Hospital and works with young people with a range of sleep disorders, as well as young people with health conditions that affect their ability to sleep. This includes young people who are on the autistic spectrum.

Ann Ozsivadjian is a Principal Clinical Psychologist with extensive experience in a specialist complex neurodevelopmental disorders team. Her particular research interests and clinical specialism are mental health problems in ASD and adapting interventions for young people on the spectrum. In this talk, Ann will focus on how anxiety can affect sleep, and discuss strategies for managing anxiety, particularly in the context of sleep problems. For further information email info@nassurreybranch.org

Talk on Pathological Demand Avoidance

On Saturday March 23rd from 2.30 - 4.30pm, we are holding a talk in Woking about PDA. Clare Truman, autism specialist teacher, will be speaking on "Living and Learning with Extreme Demand Avoidance". The talk will cover:

- The debate surrounding the use of Pathological Demand Avoidance as a diagnosis
- Supporting children who display extreme demand avoidance at home and school
- How to adapt autism strategies to meet the needs of children who display extreme demand avoidance

There is no charge, but donations would be gratefully received, either in cash on the day or via our JustGiving page: www.justgiving.com/nassurreybranch

Places are limited, and MUST be booked in advance via Eventbrite: <https://www.eventbrite.co.uk/e/pathological-demand-avoidance-registration-53215968394>. For further information email info@nassurreybranch.org

Swimming Lessons for Children with Learning Disabilities in Woking

Woking Pool in the Park is running Learning Disability Swimming lessons for parents and children starting 13th Jan 2019. £70 for 10 weeks. There are limited spaces available, and booking is first come, first served. Email pitpswimschool@freedom-leisure.co.uk for an application form.

Courses for Parents of Newly Diagnosed Children

Whenever time and funds allow, we commission two-day courses for parents of newly diagnosed children aged 5 – 18, which are from 9.30 – 2.30 each day. Next spring, we will be running the following courses:

- Tues 5th/Weds 6th March - Guildford
- Tues 2nd/Weds 3rd April – Dorking
- Tues 7th/Weds 8th May – Guildford

The courses are free, but we ask for a deposit of £10 per person to reserve your place, which will be refunded on attending the course. We reserve the right to keep the deposits of people who do not attend. To book a place please email Sarah Mead at events@nassurreybranch.org with 'Parent course' in the subject line, with your contact details, the town you live in and which courses you are interested in.

The content of the branch course is similar to the Cygnet course in Surrey for parents of children with an ASD aged 5 – 19 run by the Surrey SEND Teaching School, but the pace is quicker to enable us to fit it into two days.

Please note: this course is only suitable for parents of children aged 5 or over. Parents of younger children should look into the Pat-P Course run by the Surrey SEND Teaching School: <http://family.sendteachingschool.co.uk/services/family-support/>

Free Workshops by NAS Professionals

The professionals at the NAS Resource Centre are running another series of free workshops for parents and carers of children and young people with autism. These are suitable for families whose child or young person already has a diagnosis, or who is awaiting diagnosis.

- **Shepperton** – 18th Jan, 10.30 a.m. – 1.00 p.m. Understanding and managing behaviour of autistic children
- **Leatherhead** – 11th Feb, 10.30 a.m. – 1.00p.m. Visual supports for autistic children
- **Woking** – 15th March, 10.30 a.m. – 1.00 p.m. Social skills for autistic children

Places must be booked in advance - email: SEResourceCentres@nas.org.uk or call 01483 521744 (NB: these sessions are not connected with the NAS Surrey Branch).

Survey to Find Out What Social Events Young People Want

Thanks to everyone who's completed our short questionnaire so far to help us understand what would be most popular – we've extended the deadline for entry to January to try and get input from as many members as possible. Please complete one copy per young person here: <https://bit.ly/2pAWejW>. Please contact Sara Truman if you need a paper copy, tel: 07423 435413.

Huge Thanks to Helen Ruffhead

Helen Ruffhead is giving up hosting the Redhill parent to parent support group after ten years of running it regularly.

Our heartfelt thanks go to Helen for all her help and the support that she has given to countless families over the years.

New Co-ordinator and Format for Dads' Groups

Simon Bunch has kindly taken over from Martin Trenaman as the co-ordinator of the NAS Surrey Branch Dads' group for fathers of children and adults with autism. Simon is stepdad to Josh (24) and lives in Redhill.

He is planning on running groups monthly in different locations around Surrey and keeping people up to date via Facebook posts and Messenger. The next meeting will be on **Friday, 11th January 2019 in Redhill.**

The group provides an opportunity for fathers to share experiences, support each other and socialise with other men in the same situation. In between meetings, they have a closed messaging group to share ideas, or ask other members questions about their own situations. To join or find out more, please email bunch.simon@gmail.com

Our huge thanks go to Martin Trenaman for running the group for many years.

For details of other groups for parents, plus special groups for mums, partners and parents of girls, please see our calendar of events on p 6-7.

Thank You for Donations

We're very grateful to everyone who has donated to the branch over recent weeks, and in particular:

- The Jaz Bush Memorial Fund who have raised £6,000 from events, including a fun day in Haslemere in September. They have also donated to YoungMinds charity.
- Laura Pearce who ran a race night to raise £2,810
- Rotary Club of Banstead who donated £300 to the branch. Thanks to Katie Bailey for nominating us
- The Eleanor Creeke Foundation who have also donated £300. Our thanks to Clare Muir for nominating us.

Last but certainly not least, thank you to everyone who has donated via our justgiving page <https://www.justgiving.com/fundraising/nassurreybranch>, easyfundraising or by donating when they attend events. These smaller, regular amounts cover our modest running costs.

Petition on Assessment and Treatment Units (ATUs)

In recent weeks, the appalling situation for autistic people in Assessment and Treatment Units has come into the news yet again.

The NAS is backing this petition, which was set up by an individual to stop the detention of autistic people in ATUs. You can find out more or sign the petition here: <https://petition.parliament.uk/petitions/231406>

Special Help 4 Special Needs Resource Centre

Mark Brown, who runs the independent service Special Help 4 Special Needs, has opened a new resource centre in Whyteleafe near Croydon where he will host groups, a library, one to one support and much of his training. Groups include Dads ASD Awareness, Teenage Keeping Safe Groups. To find out more, go to the website: <http://www.shsn.co.uk>

NAS SURREY BRANCH CALENDAR Dec 2018 – March 2019

NAS Surrey Branch local meetings are a great way to meet up with other families who understand autism to share experiences, find out information and seek support. Please always contact the volunteer host before going along to make sure nothing has changed. Most meetings run during term-time only.

If you can't see a meeting in your area, why not host one yourself? To find out more, contact us at info@nassurreybranch.org

Dorking – Mum's group evening – see next page for details

Frensham – The Holly Bush, Frensham, GU10 3BJ.

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

- Mon 10th Dec 9.15 – 11.30 a.m.
- Mon 21st Jan 9.15 – 11.30 a.m.
- Mon 11th Feb 9.15 – 11.30 a.m.
- Mon 11th March 9.15 – 11.30 a.m.

Godalming – Costa Coffee, 74 High Street, Godalming GU7 1DU

Contact: Lizzie Reszowski numpadzo@hotmail.co.uk tel: 07748 645466

- Mon 3rd Dec 9.30 – 11.30 a.m.
- Mon 14th Jan 9.30 – 11.30 a.m.
- Mon 4th Feb 9.30 – 11.30 a.m.
- Mon 18th March (TBC) - 9.30 – 11.30 a.m.

Guildford – Caffe Nero, 66 North Street, Guildford GU1 4AH

Contact Sara Truman nas@mugsy.org tel: 07423 435413

- Fri 7th Dec 10.00 a.m. – 12.00 noon
- Mon 7th Jan 10.00 a.m. – 12.00 noon
- Fri 8th Feb 10.00 a.m. – 12.00 noon
- Fri 8th March – evening Mum's group – see next page

Hinchley Wood – Hinchley Wood Primary School, Claygate Lane, Esher KT10 0AQ

Contact: Emily Gorvy emily.gorvy@hotmail.co.uk

- Fri 1st Feb 2.00 p.m. – 3.00 p.m.

Milford – The Cullum Centre, Rodborough School, Petworth Road entrance, Milford GU8 5BZ

Contact: Hilary Baldwin HBaldwin@rodborough.surrey.sch.uk

- March, evening meeting with speaker (date to be confirmed): 7.30p.m.

Weybridge – Mum's group evening – see next page

Woking – Wyevale Garden Centre, Egley Road, Mayford, Woking GU22 0NH

Contact: Sarah Norris sarah4ian@ntlworld.com tel: 07543 920917

- Weds 5th Dec 10.00 a.m. – 12 noon
- Weds 9th Jan 10.00 a.m. – 12 noon
- Weds 6th Feb 10.00 a.m. – 12 noon
- Weds 6th March 10.00 a.m. – 12 noon

SPECIAL INTEREST GROUPS

Dads' Group – Various Locations

Contact: Simon Bunch bunch.simon@gmail.com

Monthly meetings around Surrey for fathers of children or adults with ASD.

- Friday, 11th January, Redhill.

Mums' Group – Weybridge, Dorking and Guildford

A social evening for mothers of children or adults with ASD. Contact hosts for venue.

- Fri 25th Jan 8.00pm, **Weybridge** – **Contact Jill Goulding** jill.goulding@gmail.com
07905 364391
- Fri 8th Feb 8.00pm, **Dorking** – **Contact Helen Trenaman** trenamans@talktalk.net
01737 360069
- Fri 8th March, 8.00pm, **Guildford** – **Contact Sara Truman** nas@mugsy.org
07423 435413

Parents of Girls' Group – Woking and Guildford

Contact Rachel Pearson racheldpearson@gmail.com

A group for parents of girls that meets once a month during term-time.

- Tues 11th Dec 10.00 a.m. Twelve Thirty Café, Christ Church, Jubilee Square, Woking
GU21 6YG

There will be Parents of Girls group meetings in the New Year in Guildford and Woking – please check the online forum or our Facebook page for details.

Parents of Adults' Groups – Locations around Surrey

A chance to meet parents and carers who have an adult offspring on the spectrum for an informal meal or drink. Meetings start at 7.30 p.m.

- Thurs 3rd Jan, **Haslemere** - **contact Sara Truman** 01483 822630 nas@mugsy.org
- Tues 22nd Jan, **Reigate** - **contact Sara Truman** 01483 822630 nas@mugsy.org
- Weds 6th Feb, **Weybridge** - **contact Hilary Dyce** 01276 66032
hilarydyce@yahoo.co.uk
- Thurs 7th March, **Farnham** - **contact Hilary Dyce** 01276 66032
hilarydyce@yahoo.co.uk

Spouses and Partners Group, Guildford

Contact Sara Truman 01483 822630 nas@mugsy.org

Evening meetings for partners of people on the spectrum (no diagnosis necessary).

- Weds 30th Jan . 8.00 – 9.30 p.m.
- Weds 20th Feb 8.00 – 9.30 p.m.
- Weds 27th March 8.00 – 9.30 p.m.

* * * * *

Surrey Disability Network Now on Twitter

Surrey Disability Network now has a Twitter account and will be tweeting for anyone living with a disability or mental health issue in Surrey, their family and others who provide care.

The feed will enable people to share useful and timely information and find out what is going on which is relevant in Surrey and the surrounding areas. To follow it go to **@SurreyDN**

Two Important SEND Consultations: Surrey County Council....

Surrey County Council is facing huge financial pressures – the number of residents with learning disabilities or who need elderly care is rising, whilst its core government grant has been cut by more than two hundred million pounds since 2010. It is therefore running a major SEND consultation to gather the views of families about how to manage this problem. You can read about the survey here:

<https://www.surreycc.gov.uk/council-and-democracy/have-your-say/consultations>

You can view the SEND strategy document here:

https://www.surreysays.co.uk/csf/send/supporting_documents/CS3919%20%20SEND%20Strategy.WEB.pdf

Family Voice Surrey have shared its thoughts on completing the survey here:

<https://www.familyvoicesurrey.org/single-post/2018/11/21/Thoughts-on-how-to-approach-completing-the-survey---re-latest-update-on-SCC's-SEND-Strategy-Consultation>

... and Family Voice Surrey Survey

Family Voice Surrey's Winter 2018 Survey "The Future of SEND in Surrey" which has the hashtag #NothingAboutMeWithoutMe is designed to complement the current Surrey County Council consultation on their SEND Strategy and proposed restructure of Children's Centres.

The parent representation group wants to capture an accurate picture of SEND families' experiences of the SEND system - what is currently working well and what urgently needs to change. They want families' suggestions on where savings could be made without compromising the quality of services provided to meet SEND children's needs and to indicate your priorities for investment in support that will meet children's needs before they reach a crisis point.

Your answers will also provide useful evidence on progress in addressing the weaknesses identified during the last Local Area Inspection in October 2016. We know that a review is due to take place very soon for those Local Authorities and CCGs who were required to produce a Written Statement of Action.

Please complete the survey here: <https://www.surveymonkey.co.uk/r/FVS-Nov-2018>

BRAAIN Talk on Sleep

BRAAIN 'Be Ready ADHD ASD Information Network – a parent group based in Farnborough, Hants, are running a talk on sleep on the evening of Monday 7th Jan. You can find out details from <https://www.facebook.com/BRAAINSurreyHants>

March for SEND in Surrey

With the state of provision for children and young people with SEND increasingly in the news, there is to be a day of national protest and awareness-raising for SEND on 30th May with marches and demonstrations being planned around the country.

There is a closed Facebook page with information about a planned Surrey march <https://www.facebook.com/groups/286456415293476/> or you can email them at Surrey.sendmatters@gmail.com

Snow White Multi-Sensory Pantomime

Head 2 Head is holding a Multi-Sensory Pantomime for children, young people and adults with ASCs and other similar conditions, and their families. Places are limited so pre-booking is essential (see below).

- 11.15am or 2.00pm Sunday 9th December in Great Bookham
<https://www.facebook.com/events/317240955499873/>
- Saturday 15th December in Crawley
<https://www.facebook.com/events/475478426294735/>

The pantomime is adapted in ways including:

- Reduced dialogue
- Loads of sensory experiences
- Amusing sound effects and songs
- Role play & interaction opportunities
- Strong sense of sequence using rhyme, rhythm and repetition
- Brightly coloured sets with puppets, props and costumes that will stimulate and encourage participation
- Some signing and voice output communications aids.

£5 per person aged 2+ office@head2headtheatre.co.uk or call 01372 278021.

Free Parent/Carer Workshops at Eagle House

Eagle House Schools in Sutton and Mitcham are continuing their free parent / carer workshops for parents of autistic children to give practical advice and ideas on how to support your child. The workshops are delivered by a multi-disciplinary team of Speech and Language Therapists, Occupational Therapists and Behaviour Specialists to provide practical strategies for families to use at home.

For Parent/Carers of Primary & Secondary School Age Children - Thursday mornings 10.00 am - 12.00 pm at Eagle House School, Sutton.

- What is behaviour telling us? – 31st January 2019
- Keeping children and young people with autism safe – 28th March 2019
- Parenting your child with autism – 23rd May 2019
- Occupying your child with autism during the school holidays – 11th July 2019

For Parent/Carers of children in Early Years/at Primary School - Wednesday mornings from 10.00 am - 12.00 pm at Eagle House Primary School, Mitcham.

- Making sense of the world – 5th December
- Setting the boundaries – 9th January 2019
- Winning the meal time battle – 13th February 2019
- Learning through play – 20th March 2019
- Building independence to help themselves – 8th May 2019

Each stand-alone workshop is open to parents/carers or relatives of a young person with ASD and is a great opportunity to meet others to share experience and advice.

To book, or for further information, please contact Parent Liaison Officer Adele Wadey at Eagle House, Tel: 020 8770 7788 or email: adele.wadey@eaglehousegroup.co.uk

Transition Information Update

A number of members attended our **Transition Consultation events** in the summer, or the transition workshop at our conference in October. There have been a number of developments since the meetings using some of the information parents provided. Highlights include:

- **New LD/Autism Team** - the new Lifelong Learning Disability and Autism Team for Adults is still being recruited for. The team also plans to change the way they work so they co-ordinate with Children's services, Education and with Providers as early as possible to positively promote options for future transition. This is designed to prevent many of the issues that carers and families discussed, and more is being done with education teams and providers to develop better communication, support and services for ASD students.
- **Training** – the teams are being trained through the Autism Champions programme to ensure all social care teams have autism training and develop their operations to support families. It is hoped that this will be rolled out to the Community Mental Health teams.
- **Communication** – the team is looking at digital resources and support and ways they can better communicate with families and young people with ASD during assessments, support planning and reviews. They have used the feedback from parents to highlight the issues raised to help focus on what families find most challenging and what needs to be improved.
- **Service for School Leavers** – a new 'Rising 18' function has been created to ensure all school leavers are assessed in a timely way, and they are awaiting approval for some new recruits to be based in schools to attend Yr 9 reviews to ensure families and students are better informed about options in education, vocational training and future lives.
- **Carer Support** – the team will continue to run and attend information events for Transition and Carers such as the one just held at Leatherhead Leisure Centre.

The Transition team now has a link at all the SEN schools in Surrey who can attend events and act as a liaison for teachers' and families' queries.

Research into Gender Identity in Autism

Laura Fisher is a trainee psychologist at Canterbury Christchurch University and is completing research with the Tavistock and Portman NHS Foundation Trust into Gender Dysphoria - the condition in which someone's internal sense of gender does not match with the gender given at birth.

In particular, Laura is looking at the increase in autistic people wishing to transition genders, and how gender identity develops in those on the autism spectrum. For this she needs to talk to young men (or people who were assigned male at birth) aged 15 – 18 who have a diagnosis of ASD – both those who have gender dysphoria, and those who do not have it.

The participants would be asked to take part in one interview, lasting around 45 mins – 1 hr. As a thank you for taking part, they will receive a £10 Amazon voucher.

If you know someone aged 15 – 18 who might be interested in taking part in this research, you can find out more (with no obligation to participate) by emailing Laura Fisher: laura.fisher1@nhs.net

INFORMATION FOR ADULTS

Consultation on Bus Passes for People with Disabilities

One of the areas of funding that Surrey needs to make some difficult decisions about is its support for concessionary bus travel across for people with disabilities. Central government provides councils with some funding so that qualifying older and disabled people can travel for free on buses after 9.30am and before 11pm during the week, all day at weekends and on public holidays. The Council provides just under £400,000 of extra funding so that people with a disabled person's bus pass can travel free at any time, plus companion bus passes.

Surrey is proposing to reduce this extra funding to bring it in line with other councils, which would mean that disabled pass holders travelling before 9.30am and after 11pm on weekdays, and companions, would need to pay. Bus travel would still be free between 9.30am and 11pm on weekdays and all day at weekends and public holidays. To contribute to the consultation, please visit the Surrey CC website:

<https://www.surreysays.co.uk/environment-and-infrastructure/concessionary-bus-travel/>

Research into Carers Managing Personal Budgets

The Tizard Centre and Personal Social Services Research Unit (PSSRU) at the University of Kent are conducting a study about the experiences of family carers who manage personal budgets for people with intellectual disabilities and/or autism with moderate to high levels of support need. The research is funded by the Department of Health and Social Care and has been reviewed by the Social Care Research Ethics Committee (reference 18/IEC08/0025).

They would like to speak one-to-one with family carers to understand more about their experiences of managing personal budgets, such as what information and support is available to them and the process of planning and managing support. Taking part will involve being interviewed by a member of the research team (either in person or via telephone) and answering questions about their experiences of managing personal budgets, as well as providing some background information about themselves. All information collected will be treated as confidential and will be securely stored in accordance with GDPR regulations. Participation is entirely voluntary, and to say thank you, they are giving £20 High Street vouchers to all those who take part.

To find out more, please contact: Dr Agnes Turnpenny: a.v.turnpenny@kent.ac.uk Tel: 01227 82 7373 or Ms Beckie Whelton: r.whelton@kent.ac.uk Tel: 01227 82 4967

You can also view full details about the study on the Tizard Centre website:

<https://www.kent.ac.uk/tizard/news/index.html>

Surrey Positive Behaviour Support Network

Positive behaviour support is a framework that can be used to effectively understand and support people with learning disabilities and/or autism and/or behaviour that may challenge. Surrey PBS Network brings professionals and family members together to discuss issues, share good practice and raise awareness of Positive Behaviour Support in Surrey. You can join by emailing: surreypbsnetwork@outlook.com or go to the websites: <http://www.surreypbsnetwork.co.uk> or <http://www.surreypb.org.uk/surrey-positive-behaviour-support-network.html>

Adult Mental Health Support Event in Aldershot

Surrey and Borders Partnership Health Trust is running an Adult Mental Health Support event on Thursday 24 January 2019 from 10am to 1pm at Princes Hall, Princes Way, Aldershot GU11 1NX.

Please note: this is not an ASD-specific event but may be of interest to members seeking mental health support.

It will focus on local services providing treatment and support to adults suffering from common mental health conditions and will include an update on recent service developments including crisis care in Surrey and North East Hampshire. You can hear from SABP Trust professionals in a relaxed environment and bring your questions. Please [click here](#) to see the flyer.

Light refreshments are included – please let them know if you have any special requirements. To book your place call 01372 216158, email: engage@sabp.nhs.uk or send an SMS/text to 07786 202545.

About NAS Surrey Branch

NAS Surrey Branch is a volunteer-run, parent-to-parent support group for the families of autistic children and adults. It's FREE to join (although a small donation is appreciated) and we have around 1,500 members. We hold regular support group meetings, organise social events and special interest groups and represent parents in meetings with health, education and social services. We host an active online forum and produce this email newsletter every two months. To join, go to www.nassurreybranch.org or email info@nassurreybranch.org to request a membership form.

If you are a member of the National Autistic Society 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.

The National Autistic Society is a society that works for autistic people and runs a wide range of services such as schools, clubs and adult centres. It has over 22,000 members and some 116 branches, and works in partnership with more than 50 local autism societies. The NAS exists **to transform lives** by being a trusted source of support and practical advice for autistic people and their families at key stages in life and **change attitudes** by working with businesses, policy-makers, autism professionals and the public to reduce isolation and open up opportunities in society as a whole.

**National Autistic Society, 393 City Rd, London EC1V 1NG www.autism.org.uk.
Registered charity, number 269425. Company limited by guarantee number 1205298.**

The views expressed in Surrey News are not necessarily those of the National Autistic Society, and reference to specific services or approaches to autism does not imply endorsement. All material is copyright NAS Surrey Branch and cannot be reproduced without permission.