



## Welcome to the October / November issue of Surrey News

### In this issue....

- Branch Webinar on Annual Reviews of EHCPs – p3
- Parent Support Groups online – p3
- NAS parent workshops – p5
- Autism and Mental Health Focus Group – p5
- Free Half Term SEND Gaming Sessions at Overworld Studios – p8
- Stop press: Surrey County Council invests £36m to create hundreds of additional specialist school places – p9

### Information for Adults & Young People and their families:

- Give Your Views on Home-Based Adults Social Care in Surrey – p10
- Research into impact of Covid-19 on autistic adults p 10.
- NAS Surrey Branch Parents of Adults Group – p11
- Talk for Parents/Carers of Adults – p11

*Please note: Some of the articles in the front of the newsletter include information for young people and adults, so please do check for details.*

Following the announcement of my retirement as NAS Surrey Branch Chair at the end of the year and the appeal for someone to take over, I am delighted to announce that **Carol Teunon** will become the Branch Chair from January.

Carol was voted in as Chair on 22<sup>nd</sup> September, and we are delighted that Haywood Drake once again agreed to stand as treasurer and was also voted in unanimously.

We are extremely grateful to Carol for volunteering. She will be supported by Emma Phillpotts as Deputy Chair - Children and myself as Deputy Chair - Adults, plus the rest of the committee. We are also grateful to Sally Roberts for agreeing to join the committee.

I had hoped that I would be able to announce the re-starting of face-to-face support groups by now, but sadly, with the recent increase in the number of coronavirus cases and tightening of restrictions, we have taken the decision that we will not be able to hold any meetings again this year. We will review the situation in December. In the meantime, we have our online support groups and are planning more online activity. See page 3 for more details.

A big thank you to everyone who completed the consultation survey for the Surrey Autism Strategy. Over 1,000 responses were received, which is a fantastic number, and the results will guide what goes into the strategy.

Sara Truman,  
Chair (volunteer)

**NAS Surrey Branch**

**General email:** [NASSurreyBranch@nas.org.uk](mailto:NASSurreyBranch@nas.org.uk)

**Website:** [www.NASSurreyBranch.org](http://www.NASSurreyBranch.org)

**Twitter:** @NASSurreyBranch

**Facebook:** @NASSurreyBranch

**Donations:** [www.justgiving.com/nassurreybranch](http://www.justgiving.com/nassurreybranch)

## NAS Surrey Branch Contacts

### **Chair:**

Sara Truman 07423 435413  
[nas@mugsy.org](mailto:nas@mugsy.org)

### **Treasurer:**

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

### **Branch Membership:**

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

### **Deputy Chair / Website & Newsletter:**

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

### **Events, Activities & Fundraising:**

Sarah Mead  
Emma Searle  
Jill Goulding  
Jo Dilworth  
Emma Ellis  
Lisa Mangum  
Carol Teunon  
Sally Roberts

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

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

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

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

### **Weighted Blanket Loan**

E Surrey – Penny Sims  
[po.sims@yahoo.co.uk](mailto:po.sims@yahoo.co.uk)

W Surrey – Emma Whitfield  
[emma@mugsy.org](mailto:emma@mugsy.org) Blankets are suitable  
for a child from 25kg (about 8 yrs)

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### **POSTAL ADDRESS**

NAS Surrey Branch  
c/o Walton Charities,  
2 Quintet, Churchfield Road,  
Walton on Thames KT12 2TZ

*Please note, no NAS staff or  
volunteers work at this address*

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## 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

**SEND Advice Surrey:** 01737 737300

[www.sendadvice.surrey.org.uk](http://www.sendadvice.surrey.org.uk)

**SOS!SEN** charity to support EHCPs etc, Tel:  
020 8538 3731, Web: [www.sossen.org.uk](http://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](http://www.familyvoicesurrey.org)

**Action for Carers** tel: 0303 040 1234

[CarerSupport@actionforcarers.org.uk](mailto: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](mailto:courses@sendteachingschool.co.uk)  
Tel: 020 8330 3009 ex 237

**Redhill CAMHS** group 01737-287002

### **Activities for children and young people**

**NAS Resource Centre, Godalming:** 01483

521 744 [SEResourceCentres@nas.org.uk](mailto:SEResourceCentres@nas.org.uk)

**interAKTive**, Epsom-based charity for  
children with ASCs and other 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 ASCs Tel: 01483 806806, email:  
[employability@surreychoices.com](mailto:employability@surreychoices.com)

### **Benefits advice**

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

**Cerebra DLA guide:**

<http://w3.cerebra.org.uk/> 0800 328 1159

## Branch Webinar on Annual Reviews of EHCPs

We are hosting a live webinar on Annual Reviews of Education, Health and Care Plans delivered by Tanya Williams, founder of [www.senadvice.com](http://www.senadvice.com). Tanya is a SEN advocate and SOS!SEN volunteer, who worked for over 20 years as a litigation lawyer, and is also a mum to two young people with neurodiverse conditions.

Tanya Williams will take you through the Annual Review process, how to prepare, what to expect at and after the Review. Many parents find this process frustrating. Tanya will help you better advocate for your child. There will be an opportunity to ask questions at the end of the workshop.

Please note that Tanya can't provide detailed advice on individual EHCPs.

The online session is on Monday **19<sup>th</sup> October from 7.30 – 9.00 p.m.** We hope to make a recording available for one week for those who cannot attend on the night.

The suggested donation is £5 per person. Please book via Eventbrite: <https://www.eventbrite.co.uk/e/annual-reviews-of-ehcps-registration-123451969163>

## Parent Support Groups online

Due to the continuing coronavirus, we are not able to hold any face-to-face meetings or other events for the foreseeable future. However, we are still very much a parent support group!

We are holding regular Zoom meetings, with a group for parents of children and another for parents of adults.

The **Parents of Children Group** currently meets fortnightly on Monday evenings, with the next meeting on Monday 12<sup>th</sup> October at 8.00 p.m.

The **Parents of Adults Group** also meets fortnightly, alternating Friday afternoons and Wednesday evenings; their next meeting is on Weds 7<sup>th</sup> Oct at 7.30 p.m.

We are also considering a morning group for Parents of Children. If you are interested in any of the above, email Sara Truman at [nas@mugsy.org](mailto:nas@mugsy.org)

We also have our online support group, also known as the NASSB email forum. This is a great way to link up with other branch members at a time to suit you, via email. To join the forum, go to: <http://www.nassurreybranch.org/moderated-email-forum.html>

We are planning to hold more speaker events online too - details will be announced on our email forum and facebook page when they are finalised.

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The NAS professional service is running some online groups for autistic children - email [SEResourceCentres@nas.org.uk](mailto:SEResourceCentres@nas.org.uk)

For details of the NAS' services for adults, please email [assist.surrey@nas.org.uk](mailto:assist.surrey@nas.org.uk)

## **Support Group for Parents of Autistic Young People Housebound Through Anxiety?**

We are thinking of starting an online support group for parents of autistic young people whose anxiety prevents them leaving the house, or even their room. There are a specific set of challenges for individuals and their families when young people are unable to access any services such as doctors, dentists, therapists, education, social and mental health support, in addition to the many access challenges already faced by other autistic individuals.

Parents may find peer support helpful, where access to other services has not been achievable.

To gauge the level of interest in establishing this new support group, please email Emma Ellis [emma.dawson4@btinternet.com](mailto:emma.dawson4@btinternet.com).

We would also be very interested to hear your thoughts on possible themes for discussion in the support group meetings.

## **NAS Campaign to Support Autistic People Affected by COVID-19**

'Left Stranded' is a new report by the NAS. It highlights how the coronavirus outbreak has affected everyone, but it's left many autistic people and their families completely stranded. The NAS' new report, supported by four other leading autism organisations, highlights the often disproportionate and devastating impact on the mental health, wellbeing and education prospects of hundreds of thousands of autistic people and their families.

Together with Ambitious about Autism, Autistica, Scottish Autism, and the Autism Alliance, the NAS is calling on all governments in the UK to create an action plan to protect autistic people and their families from any future waves of the pandemic – and to address existing inequalities by investing in support and services.

You can have your say by signing an open letter to the Chancellor, Rishi Sunak MP, calling on him to invest in autistic people's futures, ahead of the Spending Review this autumn. You can access the open letter here:

<https://act.autism.org.uk/page/65506/petition/1>

## **Talk by Dr Mark Brown on Self-harm in children with SEND**

Family Voice Surrey (FVS) is hosting a Zoom seminar on Weds 4th November from 6pm -7pm by Dr Mark Brown of Special Help 4 Special Needs who will cover the issue of self-harm in children and young people with special educational needs and disabilities, as well as the support which is available. There will also be time for discussion and questions.

The session will be delivered via Zoom - joining details will be emailed to registered attendees prior to the event.

To sign up for this event go to [Eventbrite https://bit.ly/36kNbKm](https://bit.ly/36kNbKm). It is free for parent carers who are members of FVS - membership is free and you can [sign up here https://www.familyvoicesurrey.org/become-a-member](https://www.familyvoicesurrey.org/become-a-member)

## NAS Parent Workshops

The NAS Professionals in Godalming are running a series of workshops for parents to provide practical advice, strategies and information to help you understand your child's diagnosis and support their needs.

Upcoming Zoom workshops are:

- Understanding Autism Tues 17<sup>th</sup> Nov 10.00am – 12.00pm Via Zoom
- Communication Tues 24<sup>th</sup> Nov 10.00am - 12.00pm Via Zoom
- Sensory Differences Tues 1<sup>st</sup> Dec 10.00am – 12.00pm Via Zoom
- Transition and Change Tues 8<sup>th</sup> Dec 10.00am – 12.00pm Via Zoom

Booking is essential. Please email [Jo.barton-warner@nas.org.uk](mailto:Jo.barton-warner@nas.org.uk) or call 01483 521744.

## Autism and Mental Health Focus Group

The National Autistic Society (national charity) and MIND are working together on a new project on autism and mental health. The National Autistic Society's Autism Act [inquiry](#) last year found that while the majority of autistic adults and children have reached out for mental health support, far too many are not getting the help they need or can't get support adapted to their specific needs. As a result, too many people end up at risk of reaching crisis point.

For part of this project the NAS are looking for people to join focus groups to discuss their experiences about what works, and what could be done to make getting good mental health support easier for autistic children, young people and adults.

The research will be used to help the NAS campaign for the NHS to make the changes autistic people find useful. **The focus group discussions will take place online in October and November** and you can apply to join if you have one or both of the following experiences:

- You/or the person you support have or had a mental health condition, and have had support such as therapy.
- You reached out for mental health support in the past and didn't get it.

Please get in touch with Felicity Stephenson at [felicity.stephenson@nas.org.uk](mailto:felicity.stephenson@nas.org.uk) with a couple of bullet points about your experience and fill in this doodle poll <https://doodle.com/poll/pf9va4h2qp2t7ud4> by Tuesday 6<sup>th</sup> October. If you have any queries or wish to discuss this further please contact Felicity directly.

## Action for Carers Free Online Talk on Carers' Rights

Action for Carers is hosting an online talk by Luke Clements on Carers Rights: Carer Assessment and Social Care for parents/carers of children on Mon 23<sup>rd</sup> Nov 10.30 a.m. – 12.00pm.

They also offer activities for carers such as yoga, Tai Chi and mindfulness sessions (all currently online).

Talks are very popular and fill up quickly.

You need to register as a carer with Action for Carers to attend these events. To sign up for free go to: <https://www.actionforcarers.org.uk/register-with-us/>

## **NAS ASSIST - support for over 16s + parents/family/friends**

The NAS ASSIST service is now again able to offer one-to-one advice to autistic young people aged 16/17 and parents/carers, as well as over-18s and their family/friends, if they do not qualify for support from social services.

Appointments are currently online or by telephone. For more information or to ask for an appointment, email [assist.surrey@nas.org.uk](mailto:assist.surrey@nas.org.uk) or call 01483 521743.

## **Unlocking the Potential of Children With Autism Workshops**

Eagle House School Mitcham is running a series of free 'Getting Started' workshops for parents of younger children over Zoom (no app required).

The sessions are designed to give 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. Sessions are delivered by Eagle House experts including Speech and Language Therapists, Occupational Therapists and Behaviour Specialists.

The workshops are free and via Zoom on Friday mornings 10.00 am- 12.00 pm:

- Getting attention to learn everyday skills – Friday 9th October
- Beginning communication and making it matter – Friday 6th November
- Making sense of the world – Friday 4th December
- Setting the boundaries – Friday 8th January 2021
- Winning the mealtime battle – Friday 5th February 2021
- Learning through play – Friday 12th March 2021
- Building independence to help themselves – Friday 7th May 2021
- Navigating the special needs maze - Wednesday 18th June 2021

To book a place or for more information please contact Parent Liaison Officer, Adele Wadey either by phone; 0208 770 7788 or email;

[adele.wadey@eaglehousegroup.co.uk](mailto:adele.wadey@eaglehousegroup.co.uk)

## **Online Training for Parents and Professionals**

The Curly Hair Project runs frequent autism training events designed and delivered by people who are all highly experienced in ASD. All events are currently online and deal with autism in everyday life, autism in adulthood, strategies for living with autism and autism and mental health. For details go to

<https://thegirlwiththecurlyhair.co.uk/services/events/>

They also have a selection of webinars: <https://bit.ly/3jeJhq9>

## **Preparation for Adulthood Virtual Conference**

Family Voice Surrey is planning to hold its delayed Preparation for Adulthood (PFA) event online during w/c 2 November with talks and workshop presentations delivered as a combination of Webinars, YouTube videos and Zoom calls.

Check their website for details once available <https://www.familyvoicesurrey.org/> If you have any queries, please get in touch with Lisa at Family Voice Surrey [lisa.s@familyvoicesurrey.org](mailto:lisa.s@familyvoicesurrey.org)

## Autism and PDA Nurture Collaboration Conference

Positive Autism Support and Training is hosting a one-day online conference by a group of experts and parents on Pathological Demand Avoidance (PDA) on Friday, October 16 from 9:30am - 3:30pm.

Speakers include:

- **Harry Thompson - PDA Extraordinaire and Author of the "PDA Paradox"**, SPEAKING ABOUT: Articulating the PDA experience.
- **Dr Chloe Farahar - Co-founder & a practitioner for the So, You're Autistic?** support programme, and Aucademy. SPEAKING ABOUT: Autistic wellbeing (anxiety; overwhelm; harmful stims; voice hearing; depression; etc.); what does and does not work (e.g. adapted CBT); the importance of Autistic identity, culture, community, and space for wellbeing.
- **Jodie Isitt - Parent and Author - Autism with Love.** SPEAKING ABOUT: The parental experience; how to manage situations with schools and doctors when they don't believe you when your child is Autistic and experiences PDA; tips for dealing with schools; why professionals need to understand parents shouldn't have to be experts learning the law etc. so that you miss out on parenting your children.
- **Mollie Sherwin - PDAer and Speaker on Personal Experience** of Living with PDA. SPEAKING ABOUT: Life as an Autistic teenager experiencing PDA following the release of a book about her life, and how this affected friendships and teenage life.
- **Laura Kerbey - Founder of Positive Autism Support and Training.** SPEAKING ABOUT: Supporting children with anxiety, and other emotions, as well as talking about siblings, and parent resilience.

Tickets are £35 and bookable via Eventbrite <https://bit.ly/3l3W1k0>

## Woking Wheels For All

The disability cycling scheme 'Wheels for All' has resumed its popular Family cycling sessions in Woking but have had to make some changes due to COVID restrictions:

- Pre-booking the session only, instead of drop-in sessions,
- Limited numbers of people on the track at any one time.

The next session is on Sunday October 4th, with 9 slots from 1pm to 3pm. There will be a maximum of four families on the track at any one time. The cost is £5 per child, and they ask that you please bring the correct payment in an envelope to be dropped into a bucket (they are not allowed to handle cash or give change).

If you've not been before, you will need to complete an Outdoor Health Questionnaire which will be emailed to you at the time of booking.

You should ideally bring your own helmets, but they do have helmets which you can take home with you and bring along for your next session.

Email [philippa.curphey@cyclimg.org.uk](mailto:philippa.curphey@cyclimg.org.uk) to book your 45-minute session or call her on 07852 205877 if you have any queries.

## Free Half Term SEND Gaming Sessions at Overworld Studios

Overworld Studios in Farnborough are offering COMPLETELY FREE gaming challenges for anyone with SEND over Half-Term. Maximum group sizes are 8 and siblings are also welcome. There are prizes to be won!

Please note, sessions are very popular and already filling up quickly so do book early.

- Tues 27<sup>th</sup> Oct 1.00 – 3.00pm Minecraft Build. 4.00 – 6.00pm Fortnite eSports
- Weds 28<sup>th</sup> Oct 10.00am – 12.00pm Choose and Challenge. 1.00pm – 3.00pm Minecraft Build. 4.00pm – 6.00pm Fortnite eSports
- Thurs 29<sup>th</sup> Oct – 10.00am – 12.00pm Choose and Challenge. 1.00pm – 3.00pm Minecraft Build. 4.00pm – 6.00pm Fortnite eSports

To book, email [nik.turner@overworldstudios.co.uk](mailto:nik.turner@overworldstudios.co.uk) or if you have questions. There is further information on their Facebook page <https://www.facebook.com/groups/3229968183746081>

## Free Autism Online Talks

The company Clinical Partners Mental Healthcare is hosting a series of free workshops for parents of autistic children. Topics are:

- It's not a tantrum; it's a meltdown. Creating positivity around emotions – Weds, 14 October 5.00 – 6.00pm
- "She doesn't seem autistic." Tackling low diagnosis for autism in girls - Weds 28 October 5.00 – 6.00pm
- How to help schools help your autistic child - Weds, 11 Nov 5.00 – 6.00pm

To book, go to <https://bit.ly/3n1Fy1z>

## Online event for autistic children - Hercules Café

Roehampton University is running an online event for autistic children interested in mythology called Hercules Café. The date is to be confirmed but will be during November.

Join the mythological hero Hercules in this 1-hour online "café" for autistic children and their families. Meet Hercules as he discovers a new place, filled with many objects. Think about how Hercules takes in information about the place and about how he processes the emotions he experiences. Take breaks inspired by the food and drink that Hercules finds among his surroundings.

The event is designed primarily for autistic children aged from about 7-11 and their families.

The activity will follow the structure of: story; first thoughts; creative activity; discussion. A summary of the session will be available in advance and afterwards, and participants can be mailed the artwork before the session. After the session, participants will be sent a Hercules-themed Certificate of Participation designed especially for the event. If you are interested in taking part, contact the organiser Professor Susan Deacy, [s.deacy@roehampton.ac.uk](mailto:s.deacy@roehampton.ac.uk) to discuss the relevance of the 'café' for your child.



## **Stop press: Surrey County Council invests £36m to create hundreds of additional specialist school places**

We have just heard that Surrey County Council (SCC) has made a decision to invest £36m in widening its specialist education provision <https://bit.ly/2HJJrD>

This latest investment will create 213 additional specialist school places for the academic year 2021-22 and follows on from a decision by Cabinet in January 2019 to increase the specialist provision in mainstream specialist centres, special academies and maintained special schools in Surrey.

The programme of development will enable more children and young people with Education Health and Care Plans (EHCPs) to choose from a wider choice of local schools, receive their education closer to home, reduce travel time and costs, and help all young people to reach their full potential while playing an active role in their local communities.

The proposals will increase the places available for secondary and post 16 aged children and young people who have social, emotional and mental health needs, communication and interaction needs, and cognition and learning needs.

Over the past four years Surrey has experienced a significant increase in the number of children and young people with complex Special Educational Needs and Disabilities. Autism has grown by a third (32%), and there is a high demand for Education, Health and Care Plans (EHCP) compared to other geographical areas.

Currently the specialist education sector in Surrey provides 770 specialist centre places in mainstream schools and 2698 special school places within the county. A further 1,285 children and young people who have EHCPs attend special educational provision outside of the county and in the independent sector.

Three new free schools in Surrey will be up and running in the next 5 years, but as EHCP demand continues to grow, additional provision will still be required to meet demand while these new schools are being established.

Julie Iles, SCC Cabinet Member for All-Age Learning, said: "Our aim is to increase our outstanding specialist provision within Surrey so that all children and young people can receive a good education closer to their homes. Increasing the range of options within the county will help young people to fulfil their potential while continuing to play an active role in their local communities. It will also reduce the number of children having to travel long distances to get to school.

"Providing more appropriate provision within the county will also help us to reduce the cost of finding suitable places elsewhere. Places in the independent sector are usually more costly than those in our own settings and do not necessarily offer better value for money. This will be a much more effective use of our resources."

The £36m investment is part of SCC's much wider commitment to improving services for children and young people with SEND, which includes a new autism strategy, an improved single point of access helpline to provide learning support and advice, and a sustainable transport strategy to support independent travel.

## INFORMATION FOR ADULTS, YOUNG PEOPLE AND THEIR FAMILIES

### **NAS ASSIST Advice Service**

The NAS ASSIST service provides one-to-one advice to autistic adults and young people aged 16 - 17 year olds who do not qualify for support from social services. It can also provide advice to parents/carers/friends of any autistic person over 16.

Appointments are currently provided online or by telephone. For more information or to ask for an appointment, email NAS Surrey Service at [assist.surrey@nas.org.uk](mailto:assist.surrey@nas.org.uk) or call 01483 521743.

### **Give Your Views on Home-Based Adult Social Care**

Surrey County Council is reviewing its contracts with companies that provide home-based adult social care, and wants to know if there are improvements or changes that need to be made to what is currently provided.

If you or a family member receive support from care workers in your own home, Surrey would like to know your views on the service which you are currently receiving.

Please complete the survey here:

[https://www.surreysays.co.uk/adult-social-care-and-public-health/home-based-care-support-services-in-surrey/consult\\_view/](https://www.surreysays.co.uk/adult-social-care-and-public-health/home-based-care-support-services-in-surrey/consult_view/)

There are easy-read, large print and standard text versions available to download from this link, or for those who are unable to access the online versions or unable to print them, hard copies including a freepost envelope can be requested to be sent to you by telephoning or texting the following numbers:

Telephone: 0300 200 1005

SMS: 07527 182 861 (Please start the text with HOME CARE)

For additional information on the survey, please

email: [asccommissioning@surreycc.gov.uk](mailto:asccommissioning@surreycc.gov.uk) or call 07581 368549.

### **Research into Impact of COVID-19 on Autistic Adults in Surrey**

Surrey and Borders Neurodevelopmental service is conducting research into how Covid-19 and associated restrictions are impacting on autistic adults.

They have created an online questionnaire for autistic adults based on statements and experiences expressed by our clients.

The survey takes around five minutes to complete and is completely anonymous. You will not be entered into the survey unless you give your consent.

You can find out more about the survey here: <https://bit.ly/3cNGBNQ>

If you have any questions, please contact Bettina Riese-Stott [Bettina.Riese-Stott@sabp.nhs.uk](mailto:Bettina.Riese-Stott@sabp.nhs.uk)

## **Talks on Providing for Vulnerable People**

Renaissance Legal are running a free Zoom presentation on Planning for the Future of a disabled or vulnerable person on Weds, 16 December from 10:00 – 11:00am

Philip Warford will talk about the options available to protect a disabled or vulnerable person using specialist Wills and Trusts. Philip will explain how you can safeguard means tested benefits and how you can provide financial security for a disabled or vulnerable person as well as the rest of your family. He will also talk through the different Trust options available, the importance of a Letter of Wishes and choosing the right Trustees.

For more details and to book, go to <https://bit.ly/2GsYu8l>

Renaissance Legal are also putting on a talk about Power of Attorney, Court of Protection Deputies and the Mental Capacity Act, under the title of Decision Making, on Weds Dec 9th at 10.00 – 11.00 a.m. To book for that talk, go to: <https://www.eventbrite.co.uk/e/renaissance-legal-decision-making-presentation-tickets-122574139551>

If you have a question regarding either presentation, please contact Elle O'Connor on 01273 610611.

## **Mask Exemptions – Reminder**

With face coverings now expected in more and more places, do remember that you can display an exemption badge, or download an app that gives a display on your mobile phone if you struggle to wear a face covering.

More information and a link to the app is available here:

<https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own>

## **Action for Carers Talk for Parents/Carers of Adults**

Action for Carers is hosting an online talk by Luke Clements on Carers Rights: Carer Assessment and Social Care for parents/carers of adults on Thurs 26th Nov from 1.30 – 3.00 p.m.

They also offer activities for carers such as yoga, Tai Chi and mindfulness sessions (all currently online)

You need to register as a carer with Action for Carers to attend these events. To sign up for free go to: <https://www.actionforcarers.org.uk/register-with-us/>

## **NAS Surrey Branch Parents of Adults Group**

A reminder that our **Parents of Adults Group** meets fortnightly, alternating Friday afternoons and Wednesday evenings. Meetings are currently via Zoom and the next meeting is on Weds 7th Oct at 7.30 p.m.

## Easy Read Version of Guide to Safer Travel During COVID Pandemic

The Government has published an easy-read version of its Guide on what you can do to travel more safely during the pandemic. You can download it from here: <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers#safer-travel-easy-read-guide>

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### About NAS Surrey Branch

NAS Surrey Branch is a volunteer-run, support group for the parents of autistic children and adults and is part of the National Autistic Society. It's FREE to join (although a small donation is appreciated) and we have around 2,000 members in and around Surrey.

We hold regular support group meetings, organise social events and special interest groups (currently online) 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](http://www.nassurreybranch.org) or email [info@nassurreybranch.org](mailto: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 to receive part of your subscription by emailing [supportercare@nas.org.uk](mailto:supportercare@nas.org.uk).

**The National Autistic Society** works for autistic people and runs a wide range of services such as schools, clubs and adult centres. It has over 2,000 members and 100 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](http://www.autism.org.uk). Registered charity, number 269425. Company limited by guarantee number 1205298.**

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