



Newsletter

Welcome to the April / May issue of Surrey News

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This issue was going to start with the announcement of our next Branch Conference in the autumn, but due to last minute problems beyond our control we have had to delay the opening of ticket sales. As soon as we have all the details confirmed, we will send out the news to everyone on our newsletter distribution list, and will also announce it on our Branch email forum, twitter account, and our NEW facebook page [@NASSurreyBranch](#).

We'll be using our facebook page to share information about our own events, and other things that we think will be of interest. You can't post on this page, but if you want to post questions, seek support or share information about events or activities, you can still do so via our moderated Yahoo! Email group, which has over 900 members in Surrey. To join the email forum, please complete the form on our website:

<http://www.nassurreybranch.org/moderated-email-forum.html>

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General email: info@nassurreybranch.org
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NAS Surrey Branch Contacts

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Nancy Rowell
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Events:

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

Sarah Mead
sarah_mead@hotmail.co.uk

Emma Searle
ephillpotts@gmail.com

Jill Goulding
Jill.goulding@gmail.com

Parents of Girls' Group

Rachel Pearson
racheldpearson@gmail.com

Fathers' Group:

Martin Trenaman
trenamans@talktalk.net

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 additional needs 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. Replaces Early Bird course.

Cygnets for parents of children aged 5 – 19.
courses@sendteachingschool.co.uk

Tel: 20 8330 3009 ex 237

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

Activities for children and young people

NAS Resource Centre, Godalming: 01483

521 744 SEResourceCentres@nas.org.uk

interAKtive, Epsom-based charity for children with ASDs 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 ASDs 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

NAS Surrey Branch & interAKtive Ice Skating Event

Booking is now open for our annual ice-skating family event with interAKtive on **Sunday 10th June from 4.45 – 5.45pm**. We suggest arriving at 4.30 to collect boots and helmets. The suggested donation remains at £4.50 per person.

This is one of our most popular family events: we take over the whole rink, and flashing lights and loud music are turned off to make it more accessible for those with sensory issues.

If you wish, you can bring your family in via a back door directly into the rink so that families can avoid the hubbub of the main reception, or for anyone who requires level access. This event is as much about siblings, grandparents and other family members getting to spend time together in a non-judgmental atmosphere. For younger ones who are less confident, The Spectrum has pushalong penguins and snowmen to help gain confidence on the ice. Please note: Parents remain responsible for their children throughout. All children must be accompanied on the ice by a responsible adult.

BOOKING ESSENTIAL via Eventbrite:

<https://www.eventbrite.co.uk/e/nas-surrey-branch-family-ice-skating-10june2018-tickets-44528043577>. If you prefer not to pay online, please book your space on Eventbrite and arrange payment separately by emailing events@nassurreybranch.org

Findings From Branch Survey

Forty-eight people completed our survey to find out what members want from the NAS Surrey Branch. The main sources of support that people said they used are:

Branch Online Forum (NASSB email support group)	66.67%
Friends and family	62.50%
Branch run courses/workshops/conference etc	43.75%
School parents	39.58%
Family Voice Surrey	37.50%
NAS Surrey Branch support groups / coffee mornings	35.42%
Facebook groups run by other organisations	35.42%
Branch events (Christmas party, skating, climbing etc)	33.33%

Over 35% use Facebook groups, and tap into support from a groups including We Shine (25%), SOS!SEN (22.9%), interAKtive, PAST, Sparklers, The Zone and ANTS. The majority (92%) of people said that it was very or fairly important for meetings to be local to them, so we continue to need volunteers to help with meetings where we currently don't have any including Staines, Dorking and Farnham areas. The boroughs with the highest number of respondents were Guildford, Waverley and Woking, with the lowest being Tandridge, Spelthorne and Mole Valley.

Guildford, Woking and Weybridge/Walton are the most popular locations for meetings and events. Over 40% of people said they prefer daytime meetings, 38% said they could do meetings anytime and 21% prefer evenings, so we will continue to provide meetings during both daytimes and evenings where we can. We are always keen to hear of new, low-cost venues that might be useful for meetings, so please do share if you know of any that would be suitable.

People are looking for a range of activities and events, but common themes include people wanting courses and information on behaviour management, puberty, transition to adult services, an overview of what services are available and what people are entitled to and CAMHS.

We will continue to develop services that aim to meet the needs of as many members as possible. Many thanks to those who have offered to help with Branch activities - Sara Truman will be in touch to discuss further.

Freemantles Conference 18th June in Woking

Freemantles School is hosting a conference entitled: The importance of Interaction and Attention in Children and Young People with Autism with keynote speakers Amandine Mourière and Gina Davies. They will explore a variety of innovative practical tips and strategies which parents and professionals can use to promote the development of interaction and attention in the children and young people with ASDs.

The day will offer the opportunity to hear the speakers share their extensive knowledge and expertise around interaction and attention in children and young people with Autism, with film footage of interventions in practice. The conference is designed to be beneficial to both parents and professionals. For further details or to book your place, go to

<http://www.freemantles.surrey.sch.uk/Training/conference-interaction-attention/>

Free Memberships Available for Audiobook Library Service

Listening Books is a national charity that provides a postal and online audiobook library service to children and adults who struggle to read or hold printed books due to an illness, disability, mental health or learning difficulty. The charity is currently offering a number of funded FREE memberships to people in Surrey who would find the membership fees a barrier to joining the service (usually £20 - £45 per year).

There are 1000s of titles to listen to including educational audiobooks supporting the National Curriculum, and much-loved authors such as JK Rowling, David Walliams and Roald Dahl. Titles are available to download and stream through the website or app, or as MP3 CDs sent through the post (no postage costs or late fees), and their friendly library team are on hand to help by phone or email. To apply, visit <https://www.listening-books.org.uk/why-join.aspx> or contact Jo Cord on 020 7407 9417 or info@listening-books.org.uk.

Quiet Hour at The Entertainer

The Entertainer toyshops have rolled out a nationwide weekly 'Quiet Hour' to create a calming shopping experience for autistic children after a successful pilot during February half term. The hour will take place every Saturday for the first hour of opening in all its UK stores to create a more welcoming environment. During this hour, the music will be switched off. For more information, contact your nearest store or go to www.TheToyShop.com

Autism-Friendly Performances of Harry Potter & The Cursed Child

The first-ever 'autism-adapted' performance of Harry Potter and the Cursed Child will be taking place at the Palace Theatre in London this summer. All staff, including cast and security, will have had training in autism, you'll get a visual story to prepare you for the day, there is a quiet room and small adaptations to sound and lighting will have been made. Harry Potter and the Cursed Child is one play told in two parts: Part One will take place on Thursday August 23 and Part Two on Friday 24 August. Both parts of the performance will start at 7.30pm – you can arrive at the theatre from 6pm. We understand there are still some tickets available, but to check availability or to buy, you need to sign up to the NAS' alert service:

<http://www.autism.org.uk/about/family-life/holidays-trips/performances/interest.aspx>

Science Museum Autism-Friendly Session 5th May

The Science Museum 'Early Birds' sessions enable families with children who have an Autism Spectrum Condition to come along and enjoy the museum free from the hustle and bustle of the general public. The next session is on 5th May, with the museum opening at 08.00am and some of the interactive galleries remain available exclusively to booked Early Birds guests until 11.15am. All of these events are completely free and suitable for families with children under the age of 15. For details go to <https://www.sciencemuseum.org.uk/see-and-do/early-birds>

Have Your Say on Transition to Adult Services

Lisa Woodruff Truscott is the Carer lead for Surrey County Council's Adult Social Care Transition Team. She is working with the NAS Surrey Branch to set up a Parent Forum meeting (date TBC) to hear your views and discuss how the Transition Team can improve communication between Adult Social Care and families. She would like to hear from parents and carers of young people aged 14 to 25 years, to find out what support they are looking for, as well as their views on any past and current experiences with services and support networks.

She would also like to hear from those who are now more settled, or those still looking for the right support. It would be helpful to hear both positive and negative experiences and from anyone who can share their success stories.

Lisa's job involves working closely with families to provide information, advice and guidance around the transition to adulthood, and the change of support from children's services to Adult services and social care support. The transition team currently works with over 1,000 families, and a large majority of the young people coming for help and support to the service are on the autistic spectrum. It is the team's aim to share information about current services available, and to provide information to families coming through adult social care to help ease the journey.

Date, time and venue are still to be confirmed, but if you would interested in attending the meeting, please email Sara Truman at nas@mugsy.org for more details, by 13th April and we will let you know as soon as details are confirmed.

If you would prefer not to participate in the forum, you can still send your feedback to Sara Truman at the above email address. Please include a phone number if you would be happy to talk to Lisa about your experiences. If you prefer to give your feedback to Surrey County Council anonymously, make this clear in your email and we will remove your email address and any identifying details before passing on the feedback.

NAS Transition Support Service

The transition support service is a free, confidential and nationwide service providing telephone and email support for autistic young people, their parents and carers. The service provides information and advice on the transition from education to adulthood. This includes transition planning, help exploring future options, accessing community care support, applying for benefits and challenging decisions.

You can contact them by calling 0808 800 0027 or email transitionsupport@nas.org.uk.

Transition Information Event at Brooklands College

We will be among a wide range of organisations and services which are exhibiting at the annual post-16 Transition Information Event at Brooklands College in Weybridge on Saturday 21st April from 10am – 12.30pm. The event is designed for young people aged 14 – 25 with a learning disability or additional needs and their families to be able to find out what is on offer for them.

For more information, contact Sarah Webster on 01932 797712 or email sarah.webster@brooklands.ac.uk

Autism Alliance Online Resource About Accessing CAMHS

Autism Alliance has produced a new online resource for families, carers and professionals providing advice and guidance to support the access of children on the autism spectrum to community child and adolescent mental health services (CAMHS) <https://www.autism-alliance.org.uk/autism-camhs-toolkit/>

NAS SURREY BRANCH CALENDAR April - June 2018

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 30th April 9.15 – 11.30 a.m.
- Mon 21st May 9.15 – 11.30 a.m.
- Mon 11th June 9.15 – 11.30 a.m.

Godalming – In a member's home

Contact: Cindy Barry cindybarry75@gmail.com, Tel: 07961 279518

- Mon 23rd April 9.30 – 11.30 a.m.
- Mon 4th June 9.30 – 11.30 a.m.
- Mon 2nd July 9.30 – 11.30 a.m.

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

Contact Sara Truman nas@mugsy.org 07423 435413

- Mon 23rd April - Evening Mum's group meeting: 7.30 p.m. – email or phone for venue
- Fri 4th May 10.00 a.m. – 12.00 noon
- Mon 18th June 10.00 a.m. – 12 noon

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

Contact: Juliette Sturge juliettesturge@gmail.com

- Fri 18th May 2.00 p.m. – 3.15 p.m.

Milford - The Cullum Centre, Rodborough School Petworth Rd entrance, Milford GU8 5BZ

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

- Weds 18th April Evening meeting: 7.30p.m.

Oxted - morning and evening venues, contact host for details.

Contact: Anne Pearce annepearcemcl@yahoo.co.uk Tel: 07946 461566

- Tues 24^h April 10.00 a.m – 12.00 noon
- Fri 11th May 7.30 p.m.
- Tues 26th June 10.00 a.m . – 12.00 noon.

Redhill – In a member's home

Contact: Helen Ruffhead h.ruffhead@ntlworld.com 01737 212043

- Thurs 10th May 10.00 a.m. – 12.00 noon
- Thurs 14th June 10.00 a.m. – 12.00 noon

Weybridge – Mum's group evening – see next page for details.

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

Contact Sarah Norris sarah4ian@ntlworld.com 07543 920917

- Wed 9th May, 10.00 a.m. – 12 noon
- Weds 6th June 10.00 a.m. – 12 noon

SPECIAL INTEREST GROUPS

Dads' Group – In a member's home

Contact Martin Trenaman trenamans@talktalk.net

A quarterly social meeting for fathers of children or adults with ASD.

- Friday 4th May – Redhill.

Mum's Group – Weybridge, Dorking and Guildford

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

- Mon 23rd April – Guildford. Contact Sara Truman nas@mugsy.org 07423 435413
- Fri 18th May – Weybridge. Contact Fi Phippen f.phippen@talktalk.net 07377 549490
- Fri 15th June – Dorking. Contact Helen Trenaman trenamans@talktalk.net 01737 360069

Parents of Girls Group – Woking and Guildford

Contact Rachel Pearson racheldpearson@gmail.com

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

NB Morning meeting previously advertised for 24th April has been cancelled.

- Tues 17th April 7.30 p.m. Woking evening pub meet. Venue to be confirmed
- Mon 14th May 10.00 a.m. – 12.00 noon Guildford
- Fri 15th June 10.00 a.m. – 12.00 noon Woking

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.

- Weds 4th April - Weybridge - contact Hilary Dyce 01276 66032
hilarydyce@yahoo.co.uk
- Thurs 3rd May – Farnham – contact Hilary Dyce 01276 66032
hilarydyce@yahoo.co.uk
- Tues 15th May – Reigate - contact Sara Truman 01483 822630
nas@mugsy.org
- Weds 6th June - Camberley - 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 the partners of people on the spectrum (no diagnosis necessary).

- Weds 25th April 8.00 – 9.30 p.m
- Weds May 30th 8.00 – 9.30 p.m
- Weds June 27th . 8.00 – 9.30 p.m

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Special Needs Exhibition in Farnborough 17th May

Kidz to Adulz South is one of the largest, free UK exhibitions dedicated to children and young adults up to 25 years with disabilities and additional needs, their families, carers and the professionals who support them. There are 120+ exhibitors offering advice and information on topics including Sensory, Sleep issues, Behaviours that challenge, Autism, Transition and Employment. 9.30am to 4.30pm. For full details visit www.kidzexhibitions.co.uk/kidz-south.

Meeting Report – An Introduction to Pathological Demand Avoidance

Clare Truman gave a very helpful and interesting talk about demand avoidance and PDA at a sold-out event in Guildford on 26th March.

Clare Truman is director of Spectrum Space <https://spectrumspace.org>, a not for profit, community interest company providing personalised education programmes for children and young people aged between eight and nineteen years old with complex social communication needs and/or autism spectrum disorders who find it difficult to access school based learning. Clare has been teaching for ten years and specialised in autism for seven. She is completing a PhD at UCL entitled "Understanding the Support Needs of Children with Autism who Display Extreme Demand Avoidance". She has a brother on the spectrum.

Clare began by explaining that Pathological Demand Avoidance (PDA) is recognised by many as part of the autism spectrum, but does not appear in diagnostic manuals – there is an explanation on the NAS website: <http://www.autism.org.uk/about/what-is/pda.aspx> However, Clare explained that the presentation of individuals with a PDA profile is very different to classic autism as people who have it have an anxiety-driven need to avoid demands.

It was first identified by Psychologist Elisabeth Newson in the 1980s, so is still relatively immature in terms of recognition.

People with PDA have the following main features:

- Resists ordinary demands
- Appears sociable, but finds social rules difficult
- Mood swings and impulsivity
- Comfortable in role play, but can't control their behaviour
- Obsessive behaviour, which often focuses on obsessing about other people.

'Demands' can include:

- Direct Demands e.g. "Brush your hair"
- Subtle Demands e.g. "We need to leave for school"
- Silent Demands e.g. Responding to a question
- Self Imposed Demands e.g. Wanting to do a task or activity but not being able to start/complete it.

Clare explained that PDA is not included in the diagnostic manuals used by doctors but the Dept of Education has published guidelines on how to teach children with PDA.

Strategies that the team at Spectrum Space use include grading a child's emotional state from very anxious > anxious > calmish > calm and ready to learn using a 'tolerance dial', then assessing what they can do in each state, so if they are highly anxious, the only priority is to keep them and others safe. Once they are calmer, they can move to making wise choices and once fully calm, to being challenged with new things to learn.

Another strategy that Clare recommended is not to praise, but just saying 'thanks' if they have displayed helpful or desirable behaviour, treating the child as if they are an adult.

Parents who attended asked a number of questions including

Q: How can you get support for a child with PDA if it can't be diagnosed?

A: The profile of needs can be described in part E of a child's EHCP. There is more information in the Surrey statement on PDA

https://search3.openobjects.com/mediamanager/surrey/fsd/files/pda_statement- jan 2018.pdf .

Q: What's the difference between PDA and ODD (Oppositional Defiance Disorder)?

A: The two conditions require different strategies. In brief, rigid, reward-based strategies tend to work better for children with ODD, but a child with PDA will be highly resistant to these.

Meeting Report/ Cont'd - Pathological Demand Avoidance

Clare recommended a variety of resources for people wanting to find out more about PDA including:

- PDAResource.com
- PDA Society
- Sally Cat's guide to PDA on Facebook
- Julia Daunt on Facebook
- Steph's Two Girls Blog

Reminder: Kids Clubs and Youth Clubs from NAS Surrey Service

Just a reminder that following changes last year, these are the Services offered by the NAS Surrey Service based in Godalming:

For Under-18s

- Children's clubs (age 5-11) in Godalming, Reigate & Staines
- Youth clubs (age 12-18) in Godalming and Woking
- All ages club (5-18 years old) in Horsham, W Sussex
- Holiday day outings are available for children and young people who attend clubs.

Contact NAS Surrey Service on 01483 521 744, or email SEResourceCentres@nas.org.uk
Facebook: <https://www.facebook.com/NasSurreyResourceCentre>. See p11 for NAS adult groups.

Other Clubs in Surrey are run by Aspens Charity in Walton (www.autismsussex.org.uk/our-services/childrens-services/surrey-short-breaks/); Kids in Addlestone (www.kids.org.uk/surrey-short-breaks1) and YMCA East Surrey in Reigate (www.ymcaeast Surrey.org.uk)

For Families

The criteria for the NAS Family Support service has changed and behaviour advice, emotional and practical support is now only for families with children aged 18 and under who have a CAHMS referral for the BEN (Behaviour & Neurodevelopment Service) pathway Surrey. For referral, families or professionals can call the CAMHS One Stop number on 0300 222 5755.

Thank You

We are, as ever, very grateful to members who give time and money to contribute to the branch. As you know, we don't receive any funding, so are dependent on these acts of generosity. Thanks this month go to:

- **Dean and Tracey Pusey** for holding the World Autism Awareness Week coffee morning on 24th March and raising £107!
- **Oxshott Patient Participation Group** who donated £121 following an autism awareness talk from the Branch.
- **Linda Cox and others** who have donated via our Justgiving page <https://www.justgiving.com/fundraising/nassurreybranch>

CAN YOU HELP? We are looking for support in securing funding to pay for venues and trainers for talks and courses from groups such as The Freemasons, Rotary Clubs, business matched funding or charitable schemes, sports clubs – in fact any local body that might be willing to help! If you are involved with an organisation that you know donates to local charities, please consider putting us forward. We have separate accounts from the main NAS, so donors can be sure that their donations will remain in Surrey. If you can introduce us to any potential donors, please email info@nassurreybranch.org. Thank you.

In the meantime, please remember to sign up to Easyfundraising – if you sign up with this link <https://www.easyfundraising.org.uk/invite/P7CLXY/> we will get an extra 20%!

Information for Adults

New Women's Group in Godalming

The NAS professional service team has started a free group for autistic women of all ages. It meets in Godalming on Saturday afternoons once a month, from 3.30 to 5.00 p.m. The group has a different topic for discussion each month, such as anxiety or employment or other issues. To find out more, please email assist.surrey@nas.org.uk or call 01483 521743 (select option 1).

In addition, there are other free NAS Social Groups open to men and women:

- **Young Adults Groups** (age 18 to 25) in Guildford and Redhill, fortnightly on Wednesday evenings, 7.00 – 9.00 p.m.
- **ASpire Group** (age 25+) in Guildford, first Thursday of each month, 6.30 – 9.00 p.m.

The NAS ASSIST service also offers one-to-one appointments for adults with autism in Godalming, Reigate, Aldershot and Farnborough. For more information on any of the above, email assist.surrey@nas.org.uk or call 01483 521743 (select option 1).

Surrey Supported Learning Open Day

Surrey Supported Learning is holding an open day for adults with learning disabilities and their families at Woking Adults Learning Centre, Hoebrook Close, Woking GU22 9PE on Saturday 23rd June from 10.00am – 1.00pm. The day offers a chance to find out more about courses on offer and to see demonstrations and have a go at some activities. For details call 0300 200 1044 or email adultlearning@surreycc.gov.uk.

New Courses for Learners with LDs

Surrey Supported Learning has two new courses for Entry Level learners with a learning difficulty and/or disability starting in the summer term. The aim of the courses is to improve skills and/or knowledge through personalised learning and support your progress towards further independence.

- Using an iPad - Fridays 10:00-12:00. Duration 10 weeks
- Developing ICT Skills - Fridays 13:00-15:00. Duration 10 weeks

Both courses are at Molesey Henrietta Parker Centre, Ray Road, West Molesey, KT8 2LG. For details, call 0300 200 1044 or email adultlearning@surreycc.gov.uk.

Adult Social Care Online

Surrey County Council has recently launched Adult Social Care Online, a suite of online checklists and self-assessments to provide residents with alternative ways to access support and information at www.surreycc.gov.uk/adultsocialcareonline

The 24/7 service can help with questions including:

- Whether you are likely to qualify for social care support
- Signposting to local services that are relevant to your needs
- Helping you to decide whether to continue with a more detailed assessment
- Telling you if you are likely to have to pay for support, with an estimate of what it may be.

Please note you can still request an assessment by contacting Adult Social Care directly:
Telephone: 0300 200 1005 Email: contactcentre.adults@surreycc.gov.uk

Research Request: Belief in Social Abilities, Friendships & Wellbeing

Cara Hens is an MSc Clinical Psychology Student at Royal Holloway, University of London. She is looking for young autistic people aged 16-24 who are interested in participating in her research which involves filling in an online survey.

The survey is focused on young autistic people's belief in their social abilities, friendships, social understanding and wellbeing. Cara hopes that by understanding more about how these factors link together, young autistic people could be helped with their wellbeing, if needed.

She is interested in any gender differences that can be identified and understanding more about the experiences of wellbeing for young people. Anyone who chooses to participate can enter a prize draw to win a £50 Amazon voucher! This research has received ethical approval through the university. A link to the survey with further information can be found here:

https://rhulpsychology.eu.qualtrics.com/jfe/form/SV_0As7rpzEaEs4zFb

Cara would be more than happy to answer any questions people have by email to:

cara.hens.2016@live.rhul.ac.uk

Artventure Trust Exhibition at Cranleigh Arts Centre

The Artventure Trust is a creative day service for adults with learning disabilities, funded by the Co-Op and its members. They are holding an exhibition of members' work at Cranleigh Arts Centre from Weds 3rd April – Sat 14th April from 10am – 4.30pm (closed Sunday & Monday). To find out more, go to www.art-venture.co.uk contact Artventure on 01483 303884.

About the NAS Surrey Branch

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

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

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