Welcome to the March / April issue of Surrey News

Changes at the NAS Surrey Branch

We are sadly saying goodbye this month to two long-serving volunteers who have stepped down from the Branch committee: Sarah Mason, who has led fundraising for us since 2013 and Eileen Bruce who has been on the committee for three years and who hosted the Chertsey coffee morning.

This means that we no longer have a Chertsey meeting, so if you are in that area and are interested in hosting a support group every half term, please let us know.

This leaves an already stretched committee very short of resources, so we are keen to hear from anyone who would like to get involved with supporting the branch. These are some of the tasks that we need help with:

- Helping out at family events such as ice skating etc
- Helping at external events such as conferences
- Contributing to the online forum and newsletter with news of activities organised by other groups
- Collecting and delivering printing

As part of the changes, we have reluctantly decided that after our talk this month (see p3), we will no longer host evening talks. Attendance has declined significantly over recent years and there is a far greater choice of workshops, talks and training courses available from other providers such as the NAS Family Support team, Family Voice, The Curly Hair Project, PAST and some of the new local groups – you will still be able to find out about these via this newsletter.

Emma

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

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NAS Surrey Branch Contacts

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bobdrake357@btinternet.com

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Sara Truman 01483 822630
nas@mugsy.org

Branch Membership:
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membership@mugsy.org

Events:
Sarah Mead 01483 454245
sarah_mead@hotmail.co.uk

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ephillpotts@gmail.com

Jill Goulding 07905 364931
Jill.goulding@gmail.com

Parents of Girls' Group
Rachel Pearson 01483 727378
racheldpearson@gmail.com

Fathers' Group:
Martin Trenaman 01737 360069
trenamans@talktalk.net

Parents of Adults' Group
Hillary Dyce 01276 66032
hilarydyce@yahoo.co.uk

Postal library Service
Susan Salters
nasslibrary@gmail.com

Other Useful Contacts

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

NAS web site: www.autism.org.uk
NAS Helpline: Tel: 0808 800 4104 (10am – 4pm), or email autismhelpline@nas.org.uk
NAS Parent-to-Parent line 0808 800 4106
NAS national membership: 020 7903 3563
Email membership@nas.org.uk

Education Support
NAS Education Rights: 0808 800 4102
SSIASS Parent Support: 01737 737300
http://www.surreyparentpartnership.org.uk/
SOSISEN charity to support statementing, Tel: 020 8538 3731, Web: www.sossen.org.uk

Family Support & Representation
NAS Family Support worker Surrey
Amy Sinclair amy.sinclair@nas.org.uk
Tel: 01483 521 744
Portage – support for children with additional needs under 3.5 years 0300 200 1004
Family Voice Surrey parent representation
www.familyvoicesurrey.org

Local parent programmes
Early Bird for parents of under 5s
Cygnet for parents of children aged 5 – 19.
Contact Vicky Jones training@linden-bridge.surrey.sch.uk . Tel: 07747 595 155
Redhill CAMHS group for parents of children with ASDs, tel: 01737-287002

Activities for children and young people
NAS Resource Centre, Godalming Tel: 01483 521743
SEResourceCentres@nas.org.uk
interAKtive, Epsom-based charity for children with ASDs and other communication difficulties 07876 762178, www.interaktive.org.uk

Adult Services
Surrey Adult social svc: 0300 200 1005
NAS Surrey Service Tel: 01483 861600,
email: surrey.service@nas.org.uk
Employment Support
Employability for people with disabilities including ASDs Tel: 01483-806806, email: employability@surreychoices.com

Benefits advice
Carers Support https://www.carers.org/
NAS Tips page – via www.autism.org.uk
Cerebra DLA guide: 0800 328 1159

NEW 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,
Surrey KT12 2TZ

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Talk on Outreach in Woking 23rd March

Vanessa Clark is leader of Outreach & Inclusion at Freemantles School, which provides outreach to primary schools in west Surrey. She will explain what the Outreach service offers and how the referral process works.

The Freemantles team is part of the Surrey Autism Outreach service and aims to support pupils with Autism and related difficulties within their school setting and the staff who work alongside them. They do this through schools visits and through providing a range of training opportunities for professionals and parents, from Autism Awareness to specific topics such as PDA. The team also offers email or telephone advice to both parents and professionals.

Vanessa has taught in mainstream schools, where she has worked with and supported a number of pupils with Autism. She has completed the MA modules in both Autism and Speech and Language Difficulties. Vanessa joined Freemantles in September 2010 as a class teacher and became a member of the Social Stories team in 2011.

Date: Thursday 23rd March
Time: 7.45 for 8.00pm til approx. 9.30pm
Venue: Christ Church, Night Entrance, Church Street East, Woking GU21 6YG

Our talks are free to attend and are open to families with children, young people and adults with or without a diagnosis. Please email emma@mugsy.org if you are planning on coming along to give us an idea of numbers.

Supporting Your Young Person to Find Work

We are hosting a half-day course in Guildford for parents and carers of young people aged 16+ on supporting your young person to find work. The course is once again being delivered by AS Mentoring, a specialist organisation which works with people with ASDs to help them find and retain work, as well as encouraging employers to develop more inclusive workplaces.

Date: Wed 26th April
Time: 10am - 2:30 pm. Arrive at 9:45 am for coffee beforehand.
Venue: Guildford

This seminar is designed for parents/carers of young people aged 16-25 with an ASD to help them understand what they can - and can’t - do to help their young person to prepare for the world of work and how best to support them to find employment as they leave education. It aims to give parents practical advice and ideas and signpost them to potential areas of further support/funding.

Topics covered will include:
• Routes into work and higher education
• Looking for work – the role that parents/carers can and can’t play
• Declaring an ASD diagnosis to an employer?
• Reasonable adjustments in the workplace
• Available support

If you need more information about the course content, contact Rachel Pearson rachel.pearson@asmentoring.co.uk.

BOOKING ESSENTIAL - the seminar is free to parents/carers with a refundable deposit of £10 per person. Up to two parent / carers can attend per family. Please email volunteer Sarah Mead sarah_mead@hotmail.co.uk for a booking form. Places are only confirmed on receipt of your booking form and refundable deposit (cheque preferred, but online payments can be accepted).
‘Going to University’ Pilot Course for Parents
We are hosting a free 3-hour pilot seminar by AS Mentoring on Going to University, designed to offer information for parents on how to support an ASD son/daughter who is hoping to go into higher education in the next year or two. The seminar will cover what support your young person could expect to receive at Uni, what to do to ensure you get the right support in place and how to prepare. The seminar will take place in Woking around late April / early May (date TBC). To register your interest, please email Sarah Mead at sarah_mead@hotmail.co.uk with ‘University course’ in the subject line.

NAS Family Support Service Workshops
The NAS Family Support team are hosting two more workshops this month.

Sensory needs and Autism
Date: Saturday 11th March 2017
Time: 12:00 – 14:30
Venue: Cobham Village Hall, Lushington Drive, Cobham, KT11 2LU
Presenter: Tessa Emery

Introduction to Internet Safety
Date: Thursday 23rd March 2017
Time: 09:30am – 12:00pm
Venue: NAS, Linden House, Woodside Park, Catteshall Lane, Godalming GU7 1LG
Presenter: Amy Sinclair

Please get in touch with Leanne Hammond at the NAS SE Resource Centre to book or to make sure that venues or times haven’t changed. Tel: 01483 521 744 Mob: 07920 818 937, Email: leanne.hammond@nas.org.uk

Please Contribute to PhD Research
Clare Truman (daughter of Deputy Chair Sara) is conducting a survey as part of her PhD research to explore why children and young people on the autism spectrum, while sharing similar traits, often have very varied needs and many also have additional challenges with their learning and behaviour.

The 20-30 minute survey is designed to gauge children's experience of education, what support parents feel their child needs and how easily they have been able to access that support. The results will form part of Clare's PhD research: Understanding the support needs of children with autism who display extreme demand avoidance which she hopes will help professionals and policy-makers in their decision making by identifying any gaps in the current educational support offered to children with autism. You can find out more and complete the survey here: https://www.surveymonkey.co.uk/r/PGKSWJW

Talk on Puberty, Sex and Relationships in Cobham
Carers' Support Elmbridge is hosting a talk on Puberty, Sex and Relationships for parents of children with additional needs on Wednesday 29th March from 7.30pm - 9.30pm. The talk is by Mark Brown founder of ‘Special Help 4 Special Needs’, who has over 30 years experience working with young adults and children with special needs. Priority will be given to families living in Elmbridge.

To be considered for a space please email or call Anne Hubble, Parent Carer Support Advisor Email: Ahubble@carersupportelmbridge.org.uk Tel 0203 757 7234 / 07415 201453. Anne’s working days are Monday, Tuesday and Wednesday.
Family Voice Surrey Hosted Talk
The parent participation group Family Voice Surrey is holding a free talk for parents of children with any type of disability or special needs.

Date: Tues 22nd March
Time: Choose from daytime (11am – 1pm) or evening (7pm – 9pm) sessions.
Location: Staines
Presenter: Laura Kerbey from Positive Autism Support and Training (PAST)
Laura will look at sensory needs and behaviour, positive behaviour management techniques and look at how you can build your own resilience. For more details and to book, please contact Family Voice on contact@familyvoicesurrey.org or call 01372 705708. For more details about Family Voice go to http://www.familyvoicesurrey.org/

Transition Morning for Young People Aged 14 – 24
Brooklands College is once again hosting its annual Transition Information Morning at its campus at Heath Road, Weybridge, Surrey, KT13 8TT on Saturday 22nd April from 10am – 12.30pm. The event is for young people with a disability or additional needs aged 14-25 to enable them and their families to access a variety of useful organisations and services from across Surrey. For details go to http://www.brooklands.ac.uk/advert/transition-info-day for follow them on Twitter at FEBrooklands.

Changes for NAS After-school and Youth Clubs
The NAS Resource Centre in Godalming has changed the venue of one of its after-school clubs from Godalming to Cranleigh to meet the needs of current attendees. The youth club that used to be held in Ash is now taking place in Woking.

Details of all the NAS after-school and youth clubs and the ASSIST signposting service can be found hosted on the NAS Surrey Branch website http://www.nassurreybranch.org/nas-clubs-for-children.html. For details contact Helen Dunkley email SEResourceCentres@nas.org.uk or Tel: 01483 521 743/4.

Talk by Halow and NAS Transition Team
The support group meeting at the Cullum Centre, Milford on the evening of 15th March will include a talk by Jason Butcher from Halow, a charity that provides social support for ASD young people (as well as those with learning difficulties) who will explain what they offer. Lisa D’Costa from the NAS Transition team will also provide information about what support they provide for young people approaching 16 + transition. Just come along or contact Sue Briggs for more information on 01483 411100 x 185 or sbriggs@rodborough.surrey.sch.uk

Looking to organise a summer event? You could support NAS Surrey Branch at the same time!
Burhill Golf Club in Hersham has generously offered a dinner worth £650 for up to 22 people on 22nd July for us to auction in aid of NAS Surrey Branch funds. The evening includes a banqueting set menu for up to 22 people in one of Burhill’s beautiful private dining rooms in the club’s beautiful mansion clubhouse, which dates back to 1726. Wine is extra, but if you have fewer people, you will receive a credit towards wine.

So if you are looking to organise a school end-of-term event, a summer party or a luxury bash for a special birthday or anniversary, then this could be the answer!

Please email emma@mugsy.org with any queries. We will be accepting bids by email by 1st April and the highest bid will secure the event.
NAS Surrey Branch support groups, seminars and activities are great places to meet other parents and get support - please contact the parent-volunteer who is hosting for details and to check that the event is still on a day or so beforehand. **Events shown in GREEN aren’t organised by the NAS Surrey Branch: please contact the organisers direct.**

**MARCH**

**Thurs 2nd** 7.30 pm. Parents of Adults Group, Camberley
Contact Hilary Dyce 01276 66032 Hilarydyce@yahoo.co.uk

**Fri 10th** 10.00am – 12.00noon Support Group, Guildford
Contact Sara Truman nas@mugsy.org 01483 822630

**Sat 11th** 12.00 – 2.30pm Sensory needs and Autism, run by NAS Family Support – contact SEResourcecentres@nas.org.uk to reserve a place. See page 3 for details.

**Mon 13th** 9.15 – 11.30am, Support Group, The Holly Bush, Frensham GU10 3BJ.
Christine Malik christinemalelik@btinternet.com or Bonnie Noyce jbnoyce@yahoo.com

**Wed 15th** 10.00am – 12.00 Redhill Support Group
Contact Helen Ruffhead h.ruffhead@ntlworld.com 01737 212 043

**Wed 15th** 7.30pm Support Group, The Cullum Centre (Petworth Road entrance), Rodborough School, Milford GU8 5BZ – with speaker, see p 5 for details.
Contact Sue Briggs 01483 411100 x 185 or sbriggs@rodborough.surrey.sch.uk

**Wed 22nd** Family Voice talk, Staines – evening or daytime. Laura Kerbey of Positive Autism Support and Training will look at sensory needs and behaviour, positive behaviour management techniques and look at how you can build your own resilience. See p5 for details.

**Thurs 23rd** NAS SURREY BRANCH TALK 7.45 for 8.00pm – 9.30pm, Woking
Outreach Support for Children with ASDs in Mainstream Schools
Vanessa Clarke, Head of Outreach at Freemantles School will explain what is available and how schools can access outreach. Details on page 3

**Thurs 23rd** 9.30am – 12.00noon Introduction to Internet Safety run by NAS Family Support – contact SEResourcecentres@nas.org.uk to reserve a place. Linden House, Woodside Park, Catteshall Lane, Godalming GU7 1LG. Presenter: Amy Sinclair

TBC 2.00pm Support Group, Hinchley Wood Primary School Contact Juliette Sturge juliettesturge@gmail.com

**Mon 27th** March – 2nd April WORLD AUTISM AWARENESS WEEK
See page 7 for details for what’s on in and around Surrey.

**Weds 29th** March 7.30pm - 9.30pm, Cobham. Talk by Mark Brown, Special Help 4 Special Needs on Puberty, Sex & Relationships, hosted by Elmbridge Carers’ Support. Priority given to families living in Elmbridge. Contact Ahubble@carerssupportelmbridge.org.uk Tel 0203 757 7234

**Weds 29th** March 8.00pm, Group for Spouses/Partners of people with ASDs, Guildford
Contact Sara Truman nas@mugsy.org 01483 822630 or see page 12
**Calendar / Cont’d**

**APRIL**

**Weds 5th April, 7.30 p.m.** Parents of Adults Group, Guildford  
Contact Sara Truman 01483 822630  [nas@mugsy.org](mailto:nas@mugsy.org)

**Fri 21st Apr 10.00 am – 12 noon** Support Group, Guildford. Contact Sara Truman  
nas@mugsy.org 01483 822630

**Sat 22nd 10am – 12.30pm.** Transition morning for young people with a disability or additional needs aged 14-25 at Brooklands College Weybridge  [www.brooklands.ac.uk](http://www.brooklands.ac.uk)

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**Weds 26th 10.00am – 2.30pm** SEMINAR  
Supporting your young person into employment one-day course for parents. Guildford. For details see page 3.

**Weds 26th 8.00pm** Group for Spouses/Partners of people with ASDs, Guildford  
Contact Sara Truman  [nas@mugsy.org](mailto:nas@mugsy.org) 01483 822630 or see page 12

**Thurs 27th 7.30 pm.** Parents of Adults Group, Reigate  
Contact Sara Truman 01483 822630, email  [nas@mugsy.org](mailto:nas@mugsy.org)

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**SEMINAR – DATE TBC**  
Half-day seminar on ‘Going to University’ for parents, Woking. Details to be confirmed – contact Sarah Mead to register your interest  [sarah_mead@hotmail.co.uk](mailto:sarah_mead@hotmail.co.uk)

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**EVENT CANCELLED**  
We have reluctantly had to cancel our proposed summer fundraiser on 22nd July due to lack of resource.

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**Sparklers Breakfast Morning Meetings in Deepcut**  
Sparklers parent-to-parent group in Deepcut is running a breakfast morning on the last Monday of every month from 10.00 - 11.30am at 100 Alma Gardens, Deepcut, GU16 6TU. The meeting is for Parents, Guardians and Carers of individuals with Additional Needs. Young ones who are not in nursery or school at the time are welcome to come along. For details, contact  [abbie_72qh@yahoo.com](mailto:abbie_72qh@yahoo.com) or call 07854 71041.

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**We-Shine Groups in West Surrey**  
We-Shine parent group offers three regular meetings in West Surrey:  
- Arty Pants – fortnightly group for under-10s with additional needs in Knaphill  
- Stay, Play and chat – fortnightly group on Friday mornings in Woking during term-time  
- ANTS Additional Needs Tactile Sessions on Wednesdays in Walton

For details go to  [http://www.we-shine.org.uk/we-shine-groups](http://www.we-shine.org.uk/we-shine-groups)

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**Acrobatics for All**  
Prime Acrobatics is offering drop-in acrobatics sessions for children with additional needs (diagnosis not needed).  
- For pre-school children - Wednesdays from 11.30am - 12.15pm. Cost £5.  
- For school age children - Sundays 11.00am - 12.00. Cost £8

Contact Prime Acrobatics at Heather Farm, Horsell Common, Woking GU21 4XY. Email  [contact@primeacrobatics.com](mailto:contact@primeacrobatics.com) Tel: 01483 755777.
Science Museum ASD-specific session 11th March
The Science Museum in London runs 'Early Birds' sessions which enable families with children who are on the autism spectrum to attend the museum for free on certain days before the museum opens to the public. The next Early Birds session is on Saturday 11th March. You need to register in advance by calling the booking line: 0207 942 4000. For details go to http://bit.ly/1vH7zOQ

World Autism Awareness Week in and around Surrey
There are various events going on in Surrey for World Autism Awareness Day – here are a few that are on our radar:

Kingston Upon Thames
The autism charity Express CIC is running an event for World Autism Awareness Week at the Rose Theatre, Kingston Upon Thames on Monday 27th March from 10.30am – 2.30pm. The event includes talks, information and product stalls. Speakers include Dean Beadle, Fintan O'Regan, Curly Hair Project, Local Young People and Express, including the charity's Patron John Williams, author of ‘My Son’s Not Rainman’. To book, go to http://www.expresscic.org.uk/

Woking
The Pusey family are once again organising an autism awareness and fundraising event for World Autism Awareness Day in aid of the NAS Surrey Branch on Saturday 1st April at St Mark’s Church, Westfield Road, Woking GU22 9NG. The even takes place from 10am - 12.00 noon and will include cakes and a chance to share information and experiences about living with autism. For details, please contact Tracey Pusey traceypusey@yahoo.com

Walton
The parent-led charity We Shine is raising money for the NAS Surrey Branch on Tuesday 28th March at one of its regular Additional Needs Tactile Session. The ‘ANTS’ sessions take place at Burview Hall, Queens Road, Walton on Tuesdays every two weeks from 4.45 – 6.00pm. Cost is £3 per child with additional needs, siblings £1.50. The sessions include access to a sensory room, Lego therapy based activities, arts, crafts and Playdough, Small World play, Sensory tray play, music and interactive floor games. For details, email Hayley Willoughby at ants.sessions@mail.com.

Do you know of any events or activities in your area for World Autism Awareness Week? If so, please let other families know by posting the information on our online forum – you can join up here http://www.nassurreybranch.org/moderated-email-forum.html

Fundraising Gala Dinner for The Simon Trust
The Simon Trust was set up in 2015 to help provide care homes in Surrey for young adults with severe autism and learning difficulties. The Trust is now working in partnership to re-develop a site called Lindon Farm to house ten adults with severe autism and complex needs.

The Simon Trust is aiming to raise £500,000 to provide some of the ‘essential extras’ such as a cycle track, small animal farm, horticulture area, Therapy Garden, Sensory Room and Music Therapy area to give vulnerable people meaningful activities to do and thus enhancing their quality of life. To raise funds, they are holding a Gala Dinner Dance on Saturday 8th July with a three-course dinner, cabaret with a West End Musicals theme and dancing to a professional band in the Charterhouse Great Hall. The guest speaker is Dame Stephanie Shirley DBE. Tickets are £95 per person. For details or to book go to www.thesimontrust.org
Curly Hair Project Talks
The Curly Hair Project is a social enterprise supporting women and girls with autism spectrum disorders (ASD) and their loved ones. The group offers talks for parents and professionals.

FRI 24 MAR IN 7.00pm, SURBITON
Transition to Adulthood with ASD – Laura Kerby

FRI 07 APR IN 7.00pm, SURBITON
Primary to Secondary Transition with ASD.

FRI 21 APR IN 7.00pm, SURBITON
ASD & Sensory Processing.

FRI 28 APR IN 7.00pm, SURBITON
ASD & Anxiety.

FRI 05 MAY IN 7.00pm, SURBITON
ASD & Family Relationships.

Charges apply for most events – for details and links to online booking service go to www.thegirlwiththecurlyhair.co.uk.

Autism Awareness Conference in High Wycombe
Bucks News University is hosting a conference entitled ‘The Journey to Success’ on Weds 5th April in High Wycombe, Bucks. The Conference is run by and for People with Autism, their family, students, authors and professionals involved in ensuring success in the individual.

Keynote speakers and topics are:
• Professor Colin Martin - Autism and Research
• Anna Kennedy OBE - Living and Working with Autism
• Ruth Howard - Positive Parenting
• Dr Damian Milton - Autism and Work

The conference includes 12 workshops:

• The cross over from ADHD and ASD
• Autism and Learning Disability
• The role of health in ASD
• Positive Discipline/Communication
• Autism and Mental Health
• Use of Sensory Room
• Education, Health & Care Plans
• Social Story
• Connect2Colour
• Emotions, Sensory issues and routines in ASD
• Siblings and relatives of someone with ASD
• Autism and Spirituality

You can book online at http://store.bucks.ac.uk/conferences-and-events/conferences-events/event/autism-awareness-conference-the-journey-to-success

New Autism-Friendly Film Club in Redhill
The charity Autism All-Stars has set up a new autism-friendly film club at the Harlequin Theatre & Cinema, Redhill. They will offer free tickets to the showings for anyone who signs up.

Full details and sign up forms can be found here: http://www.autism-all-stars.org/harlequin-film-club-launch/ For more details, contact Helen Wallace-Iles, Autism All Stars www.autism-all-stars.org
**Changes to Carers’ Support Services in Surrey**

From Monday 3rd April 2017, there will be new centralised contact details for all local carer support enquiries:

- Tel: 0303 040 1234 - alls to 03 numbers from any network will cost no more than those to 01 and 02 numbers and count as part of any call package. The cost of calls per minute depends on the network. Please check with your provider.
- Email: CarerSupport@actionforcarers.org.uk
- SMS 07714 075993

Carers Support services offer advice, information, advocacy, training and access to other information to support people in their caring role. The new service will offer a flexible range of support by telephone, face-to-face meetings where needed, local carers meetings, support groups and workshops. This will be complemented by digital resources and paper-based information. In addition, there will also be carer advisors in the county’s five main acute hospitals - East Surrey, Epsom, Royal Surrey County, Frimley Park and St Peters.

The new service will provide consistent local delivery across the county with all referrals coming into a Carers Information Centre to get carers the help they need.

**Looking for Parents to Become Independent Supporters**

Core Assets, the provider of Independent Support for families in Surrey whose children have or are transferring to EHCPs, are looking for parent / carers who are interested in training to be Independent Support workers to work across Merton and Surrey. For details, contact Wendy Jenkins - Independent Support Manager - South East Tel 01527 834300 or email Wendy.Jenkins@coreassets.com

**Autism Show June 2017**

Booking is now open for this year’s Autism Show at London Excel on June 16th – 17th. Highlights in the Autism Theatre this year include talks from Dr Stephen Tyler, Senior Lecturer, Manchester Metropolitan University; Jonathan Green, Professor of Child and Adolescent Psychiatry and lead researcher of PACT at The University of Manchester; novelist Kathy Lette and her son, Holby City actor Jules Robertson, who is on the autism spectrum; and Speaker of the House of Commons Rt Hon John Bercow MP.

For more details go to [http://london.autismshow.co.uk/](http://london.autismshow.co.uk/)

**Information for Adults**

**Government Guidance on Post-19 EHCPs**

In February, the Department of Education published Guidance for Local Authorities on providing Education, health, care and training support for disabled young people aged 19-25 year olds with SEND.

The Guidance is designed to give best practice on how to support 19- to 25-year-olds:

- to find a supported internship
- to access further education
- to extend or finish their EHC plan
- who need more time to study
- with their health and social care

'Get Together' Event for Users of Mental Health Services
The Independent Mental Health Network for Surrey and North-East Hampshire is organising an event for those who use mental health services, their families and carers on Friday 24 March from 10.30am – 2.30pm at Leatherhead Leisure Centre, Guildford Road KT22 9BL

At this event, service users and families can find out how services are changing, and say what they think would make them better. It is designed to enable people to:
• Find out where to get the right support
• Find out about current changes and future plans for mental health services
• Share experiences and suggestions to help improve services.

Go to http://www.useyourinfluence.org.uk for more details or contact Ian Stronge, Coordinator, Independent Mental Health Network, phone / text: 07397 240 035 or email Ian.Stronge@surreycoalition.org.uk

Transforming Care Programme
Transforming Care is the government’s programme to improve provision for children and adults with autism and/or learning disabilities who have challenging behaviour and/or mental health problems requiring specialist help. It was set in place after the Winterbourne View inquiry.

One of the aims of the programme is to empower people with autism/learning disabilities and their families to have more say and choice in their care. A set of videos has been produced showing people with experience of using services, or their parents/carers, talking about changes in their care. You can see the videos via the link below. There are several different videos. The first explains the Transforming Care programme, the second one gives short extracts from five people’s stories, and there are 5 separate videos where each person tells their story.

To see the videos go to: http://www.local.gov.uk/transforming-care/-/journal_content/56/10180/8079902/ARTICLE

To find out more about Transforming Care in Surrey go to http://www.surreypb.org.uk/Transforming_care.html

'A Reason To Get Up' Project
Halow, the support organisation based in Guildford is running a project called ‘A Reason to Get Up’ (ARTGU). Aimed at engaging young people aged 16+ with a learning disability in meaningful daytime activity within the Surrey community, ARTGU is aimed at young people who have completed the college course available to them or who are reluctant to enter or re-enter formal adult services but have yet to find employment in the widest sense. In this situation without support and direction young people can become de-motivated, leading to inactive, isolated lifestyles.

ARTGU provides a programme of opportunities to make the most of their interests and skills, learn new skills and have experiences that can enhance their ability to find satisfying employment. The programme is based on healthy living, creative arts, vocational and recreational pursuits. For more details go to http://www.halowproject.org.uk/what-we-do/a-reason-to-get-up/
Basketball in Guildford for young adults with LDs
The Surrey Scorchers Foundation has started basketball sessions in Guildford for young people age 16+ with learning disabilities. They are on Mondays from 6.00 - 7.00 p.m. The first session is free and then the cost is £2 per session. For more information email foundation@surreyscorchers.co.uk or call 07810 122389.

Think Autism - Communication videos
Nottinghamshire Healthcare has produced a set of videos for adults with autism and professionals, to help communication in public services such as Job Centres, doctors, police, social care, universities and your child’s school. Each video explains the social situation, what the service does, what the public can expect from the service, unspoken rules for each situation, what professionals in the service can do to help autistic people, and has a person with autism talking about the challenges they face in using the service. You can see the videos here: https://www.nottinghamshirehealthcare.nhs.uk/information-films

Support Groups for Spouses/Partners & Parents of Adults in Surrey
A reminder that the NAS Surrey Branch runs a regular group for Spouses/Partners of people with ASDs which meets in Guildford on the last Wednesday of the month. For more details please contact Sara Truman email nas@mugsy.org or call 01483 822630.

We also have groups for parents of adults with ASDs which meet in different locations around Surrey monthly. For details contact Hilary Dyce email: hilarydyce@yahoo.co.uk tel: 01276 66032. Dates of upcoming meetings are on page 6.

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@mugsy.org for a membership form.

If you are a member of the NAS at national level, you can nominate us as your branch by emailing supportercare@nas.org.uk 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.

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 Surrey NAS and cannot be reproduced without permission.