



Newsletter

Welcome to the March / April issue of Surrey News

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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

NAS Surrey Branch Contacts

Chair:

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emma@mugsy.org

Treasurer:

Haywood Drake 01483 457646
bobdrake357@btinternet.com

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Sara Truman 01483 822630
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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

Hilary Dyce 01276 66032
hilarydyce@yahoo.co.uk

Postal library Service

Susan Salters
nassblibrary@gmail.com

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

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/>

SOS!SEN 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

Cygnets for parents of children aged 5 – 19.

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

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 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

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

NAS Tips page – via www.autism.org.uk

Cerebra DLA guide: 0800 328 1159

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.

Calendar of Groups, Events, Activities & Courses March - April

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 christinemalik@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

Weds 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

Weds 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@carersupportelmbridge.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

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

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 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

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

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_72gh@yahoo.com or call 07854 71041.

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>

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 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/1vH7z0Q>

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 event 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/>

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

There is an excellent summary of what the Guidance means on the Special Needs Jungle blog <https://www.gov.uk/government/publications/send-19-to-25-year-olds-entitlement-to-ehc-plans>

Information for Adults / Cont'd

'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.***

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