



Welcome to the June - July issue of Surrey News

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

IMPORTANT NEWS ON RECEIVING THIS NEWSLETTER

We have been having multiple difficulties recently with our online newsletter distribution list due to problems with the Yahoo! email system. Apologies to anyone who has had a lot of trouble signing up.

We have therefore decided to move to a completely new email system. In the next couple of weeks, you will receive an email from the usual 'nassblett' address asking you to sign up on the new system to continue receiving the newsletter.

UNLESS YOU SIGN UP TO THE NEW SYSTEM, YOU WILL NOT RECEIVE FUTURE COPIES OF THE NEWSLETTER.

You can of course unsubscribe at any time if you no longer wish to continue receiving the newsletter. You can read our Privacy Policy here <http://www.nassurreybranch.org/privacy-policy.html>

If you are a member of the NAS, you will probably have seen that our CEO Mark Lever left the charity in May to take up a new position as the first Chief Executive of a new start-up charity called Helpforce. It aims to increase the engagement and quality of volunteering across the NHS. Many of us worked with or met Mark during his 11 years of leading the NAS and would like to send our thanks for all that he achieved and best wishes in his new role. You can view his thoughts on leaving on the [NAS website](#).

Sara Truman
Chair (volunteer)

NAS Surrey Branch

General email: info@nassurreybranch.org

Website: www.nassurreybranch.org

Twitter: @NASSurreyBranch

Facebook: @NASSurreyBranch

Donations: www.justgiving.com/nassurreybranch

NAS Surrey Branch Contacts

Chair:

Sara Truman 07423 435413
nas@mugsy.org

Treasurer:

Haywood Drake
bobdrake357@btinternet.com

Branch Membership:

Nancy Rowell
membership@mugsy.org

Deputy / Website & Newsletter:

Emma Whitfield
emma@mugsy.org

Events, Activities & Fundraising:

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

Sarah Mead

Emma Searle

Jill Goulding

Jo Dilworth

Parents of Girls' Group

Rachel Pearson
racheldpearson@gmail.com

Dads' Group:

Simon Bunch
bunch.simon@gmail.com

Parents of Adults' Group

Hilary Dyce
hilarydyce@yahoo.co.uk

Weighted Blanket Loan

E Surrey – Penny Sims po.sims@yahoo.co.uk
W Surrey – Emma Whitfield
emma@mugsy.org Blankets are suitable for a child from 25kg (about 8 yrs)

POSTAL ADDRESS

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

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

Other Useful Contacts

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

NAS web site: www.autism.org.uk

NAS Helpline: Tel: 0808 800 4104 (10am – 4pm), or email autismhelpline@nas.org.uk

NAS Parent-to-Parent line 0808 800 4106

NAS national membership: 020 7903 3563
Email membership@nas.org.uk

Education Support

NAS Education Rights: 0808 800 4102

SSIASS Parent Support: 01737 737300

www.sendadvice.surrey.org.uk

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

Family Support & Representation

One Stop CAMHS / BEN Pathway family support 0300 222 5755

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

Family Voice Surrey parent representation
www.familyvoicesurrey.org

Action for Carers tel: 0303 040 1234

CarerSupport@actionforcarers.org.uk

Parent Programmes

PAT-P for parents of under 5s.

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

Redhill CAMHS group f01737-287002

Activities for children and young people

NAS Resource Centre, Godalming: 01483

521 744 SEResourceCentres@nas.org.uk

interAKTive, Epsom-based charity for children with ASCs and other difficulties
07876 762178 www.interaktive.org.uk

Adult Services

Surrey Adult Social Svcs: 0300 200 1005

NAS Surrey Service Tel: 01483 861600,
email: surrey.service@nas.org.uk

Employment Support

Employability for people with disabilities including ASCs Tel: 01483 806806, email: employability@surreychoices.com

Benefits advice

NAS Tips page – via www.autism.org.uk

Cerebra DLA guide:

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

Work Options for Autistic People

We are hosting a talk on Work Options for Autistic People, including young people preparing to leave school or college. The talk is in Guildford on Thursday 27th June from 8.00 – 9.30pm. Doors open from 7.45pm when coffee will be served.

The speakers are Christina Earl from Surrey Choices EmployAbility (Surrey's supported employment service) and Rachel Pearson from AS Mentoring, a company which provides specialist mentoring and employment support to people with autism. They will talk about various routes into paid or voluntary work for people with autism – with or without a learning disability – and what support is available.

The talk is free of charge (though donations towards costs are always gratefully received) but places **must be booked in advance**. To book go to Eventbrite: <https://bit.ly/2FGoN8f>

Bookings Now Open: Ice Skating Event in Guildford 30th June

Bookings are now open for our annual ice-skating family event with the charity interAKtive on Sunday 30th June from 4.45 p.m. to 5.45 p.m. We take over the whole rink, and get flashing lights and loud music turned off to make it accessible for those with sensory issues. There is an option to bring your family in via a back door directly into the rink to avoid the hubbub of the main reception, or if you need level access.

This event is as much about siblings, grandparents and other family members getting to spend time together in a non-judgmental atmosphere as it is about skating. For children who are new to skating, there are 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.

Suggested donation is £4.50 per person. **Places must be booked in advance via Eventbrite** <https://bit.ly/2KdnOiu> If you have any queries about whether this is suitable for your family, email events@nassurreybranch.org with 'Ice Skating' in the subject line.

Talk on PDA in Redhill 9th October

We are hosting a talk in Redhill on Wednesday 9th October about Pathological Demand Avoidance – a behaviour profile within the autism spectrum. The talk is by Clare Truman, an autism specialist teacher. The talk will cover:

- The debate surrounding the use of Pathological Demand Avoidance as a diagnosis
- Supporting children who display extreme demand avoidance at home and school
- Adapting autism strategies for children who display extreme demand avoidance

There is no charge, but donations would be gratefully received, either in cash on the day or via our JustGiving page: www.justgiving.com/nassurreybranch Places are limited, and MUST be booked in advance via Eventbrite:

<https://www.eventbrite.co.uk/e/pathological-demand-avoidance-registration-62075032092>

Clare will also be delivering her talk about PDA at a morning meeting for Action for Carers in Godalming in September – details in the next newsletter.

Branch AGM in Woking with a Talk on Developing Independence

Our AGM will take place on Thursday 11th July at Christ Church, Woking from 7.45 for 8.00pm til about 9.30pm. Our guest speakers are Liz Cooper, Assistant Head (Secondary & FE) of Freemantles School in Woking and Jack Bedford, a student at the School

Liz and Jack will discuss the importance of planning for and developing independence in autistic children and adolescents from the early years. The talk will cover:

- Early childhood, and how the way children are treated then can affect later independence
- Going to school – what this can mean for independence and how to plan to help children in mainstream school develop greater independence
- Teenage years
- Relationships
- Transition to new placements
- Planning for the future

About the NAS Surrey Branch AGM

Our AGM business takes about 15 minutes at the start of the meeting and we will be voting on the roles of Branch Officer and Treasurer, as well as presenting our annual report and accounts. Sara Truman has offered to stand again for the role of Chair and Haywood Drake will also stand again as Treasurer. If you wish to stand, or nominate anyone for either of these roles, please email Deputy Chair Emma Whitfield at emma@mugsy.org with details of the person or people you wish to nominate by 1st July. To book your free place at the meeting, go to:

<https://www.eventbrite.co.uk/e/developing-independance-registration-62686246250>

Reminder: Autism Show London 14th – 15th June

The national event for autism, in association with the National Autistic Society, the Autism Show is at ExCel London on 14th – 15th June. It offers families, autistic people and professionals information and direction pre or post diagnosis. There are over 100 hours of talks, clinics and workshops, plus hundreds of specialist products and services. You can book tickets here: <https://autismshow.co.uk/>

Autism and Puberty talk by Mark Brown in Woking

We are hosting a talk on Autism and Puberty by Mark Brown of Special Help 4 Special Needs in Woking on Saturday 19th October.

In the talk, Mark will explore the issues faced by children and teenagers with autism when they are going through puberty, and the impact this can have on their family and wider circle. Topics covered will include:

- Identifying the characteristics of puberty that can have a significant effect on young people
- Providing an understanding of anger management related to puberty
- Practical approaches to address inappropriate sexualised behaviours
- How it's never too early to start planning for puberty

There is no charge to attend, but donations would be gratefully received, either in cash on the day or via our JustGiving page: www.justgiving.com/nassurreybranch These talks are always popular so booking is essential via Eventbrite:

<https://www.eventbrite.co.uk/e/autism-and-puberty-registration-62391191734>

The Good Night Sleep Centre project

The Good Night Sleep Centre <https://thegoodnightsleepcentre.co.uk/> is a project which aims to help children and adults with sleep problems. They have some specially written and recorded bedtime stories for children, designed to help them fall asleep. The stories can be accessed from the website, and they say the stories have been shown to induce sleep in the most wakeful of children. There is a charge of £7.99 per month for access to the stories, and 10 new stories will be added each month until there are 100 stories available.

The Good Night Sleep Centre team are currently running a survey to gather more evidence about how well the stories work, and they are offering parents who volunteer to help with this free access to the stories for 2 weeks. They particularly want to find out how effective the stories are for children with autism. The children should ideally be in the age range 4 – 11. Parents would be asked to complete an initial survey about their child and his/her sleep patterns, then they would have 2 weeks free access to 10 stories and would be asked to use them over the 2 weeks. Parents are asked to use some sleep enhancement techniques at the same time as using the stories, which you can read about on the website above. After the 2 weeks parents will be asked to complete a second survey, and the children themselves will also be asked to answer a few questions if they want to.

You can see the surveys and hear a free trial story on the website.

For more information or to volunteer for the survey, please email info@TheGoodNightSleepCentre.co.uk and say that your child has autism.

Dawnosaurus Autism Event at The Natural History Museum

'Dawnosaurus' is a free event to enable children on the autism spectrum to enjoy the Museum with their families and siblings, free from the hustle and bustle of the general public. The next events are on 22nd June, 7th September and 15th December. Visitors have access to a wide programme of activities, including a chance to see, meet and even touch live animals. All activities are supported by experienced, autism-aware facilitators.

A dedicated Sensory Room will also be available for those children needing a quieter and calmer space. This event is ideal for children aged five to 15, and siblings are welcome. <https://www.nhm.ac.uk/events/dawnosaurus.html>

Action for Carers Autism Event on Sensory Issues

Action for Carers is hosting an Autism morning about sensory processing disorders and sensory issues in people with ASD and ADHD.

Date: Wednesday 26th June
Time: 10am until 1:30pm
Venue: Rugby Club, Godalming

They will be talking about and identifying the sensory behaviours and their causes helping parents to link it to their children. It will also address the question, "Is it Sensory or is it behaviour"?

You need to register with Action for Carers Surrey to attend. Call 0303 040 1234 x815 or email CSAdmin@actionforcarers.org.uk

Second Pinball Event in Woking

If you missed our private Pinball event in April, you're in luck! The McRae family have kindly offered to host another private gaming event for branch members which is suitable for autistic children and young people aged 10+, along with their siblings and parents.

The event is taking place in Woking on **Sunday 22nd September from 2.00 – 4.00 p.m.** Families will be able to enjoy up to 2 hours of free play on a private collection of 14 full size pinball machines, 5 table top arcade machines and Nintendo games on a large screen.

The event is held in a purpose-built outbuilding in the hosts' garden. Whilst the sounds from the machines can be reduced, with 20 machines being played in one room, there will be a considerable amount of noise, flashing lights, plus many people in the room so this event may not be suitable for those with certain sensory issues. Participants are encouraged to bring noise-cancelling headphones/ear defenders if needed. Wi-fi access is available if anyone wants to bring their own iPads/consoles and play on them in the company of others. Free tea, coffee and soft drinks will be available.

The suggested minimum donation is £5 per family. Donations can be made on the day in cash or online when you get confirmation of your booking,

Please note: children must be accompanied by and remain the responsibility of their parents at all times.

Places are limited and must be booked in advance by emailing us at events@nassurreybranch.org with 'Pinball' in the subject header.

Please also provide:

- Your name and phone number
- Total number of adults and under-18s in your group
- Age/s of young person/people with autism
- Age/s of any other siblings who will be attending

You will receive an email to confirm your place which will give the full address and attendance information.

Have Your Say in Personal Outcomes Survey

Surrey's Personal Outcomes Evaluation Tool (POET) survey is a quick, anonymous questionnaire that asks for feedback from young people, parents/carers and practitioners regarding Education, Health and Care plans and any additional SEN support they receive.

The results from the questionnaires are used to help shape and improve the service that Surrey County Council provides for its children, young people and families.

The website link for POET is www.surreylocaloffer.org.uk/poet

New group for Parents/Grandparents/Carers in Epsom

A new group has been set up for parents and carers of children with SEND in Ruxley, Epsom, meeting every other Friday evening from 7.00 p.m. – 8.30 p.m. at Ruxley Church. For more details, please contact Jessica Moore wright.jessica8474@yahoo.co.uk

What Changes Would You Like to See to Shops and Services?

The NAS wants to hear from autistic people and their families to determine the most useful changes that shops and businesses can make to be more autism friendly. Please take a few minutes to complete this survey to let business owners know what would be helpful for your family.

<https://www.smartsurvey.co.uk/s/AHchanges/?fbclid=IwAR1eA1naBV0mr6s9FzxY0cb1WHI3p0-YbHx484o9Kp0JE3ZnTm8u2AMkww>

Petition on Abuse in Hospitals

Anyone who saw the [BBC Panorama documentary](#) in May on abuse of people with autism and special needs in hospitals will have been deeply affected. The NAS is campaigning for the Government to show leadership and act now to reform the system as a whole. You can sign it here:

<https://www.autism.org.uk/get-involved/media-centre/news/2019-05-23-panorama-documentary-abuse-scandal.aspx>

SEN Session at Playcentre in Coulsden

Little Lambs Playcentre in Coulsdon is running a SEN session on the second Tuesday of every month at Little Lambs Softplay & Roleplay. Details are on their Facebook page

<https://www.facebook.com/LittleLambsSoftplay/>

Home Education Surrey Research

Education and youth think tank LKMco are working on an important research project in Surrey, looking at the support available for young people with Special Educational Needs and Disabilities and their families.

As part of the project they are looking for parents and carers of young people with SEND to talk about their experiences, so that they can provide Surrey County Council with information that will help them make the right changes to improve the SEND support they offer.

They have been to lots of different types of schools to speak with parents and young people, and are now looking to meet a group of 5 or 6 parents and carers of young people with SEND who are **home schooled**.

The discussion would take about an hour at a location convenient to the group and anyone who joins in is free to only answer the questions they feel comfortable with.

If you home school your autistic child and would like to help with this work, please email alix@lkmco.org or call on 07828 183469 if you would like to know more or are interested in taking part.

Special Needs Day at Walton Cricket Club

Walton Cricket Club is hosting a special needs session on Tuesday 11th June from 1.30 – 3.30pm. There will be a variety of fun activities to get involved in, taking place on the outfield which will be run by fully qualified Surrey Cricket Foundation coaches with the help of coaches and organisers from Walton-on-Thames Cricket Club.

If you or you or school/organisation are interested in attending, please contact Clive Duke at candaduke1@gmail.com or call 01932 229008.

NAS SURREY BRANCH CALENDAR June – August 2019

NAS Surrey Branch local meetings are a great way to meet up with other families who understand autism to share experiences, find out information and seek support. 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

NB Please always contact the volunteer host before going along to make sure nothing has changed.

Ashtead – The Leg of Mutton and Cauliflower, 48, The Street, Ashtead, KT21 1AZ

Contact: Sam Caine sjcaine@hotmail.com

- Weds 5th June 10.00 a.m. – 12.00 noon
- Weds 3rd July 10.00 a.m. – 12.00 noon

Dorking – Mum's Group evening meet-up – 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 17th June 9.15 – 11.30 a.m.
- Mon 8th July 9.15 – 11.30 a.m.

Godalming

Meetings currently not taking place due to lack of interest. Anyone interested in a support group in Godalming, please contact Sara Truman nas@mugsy.org tel: 07423 435413

Guildford – Mornings: Caffe Nero, 66 North Street, Guildford GU1 4AH. Evenings: TBC

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

- Fri 21st June 10.00 a.m. – 12.00 noon.
- Mon 15th July 7.30 - 9.30 p.m. (venue to be confirmed)

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

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

- Fri 21st June 2.00 – 3.00 p.m.

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

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

- Next meeting autumn term - date to be confirmed. Evening meeting with speaker.

Redhill – Home Cottage, Redstone Hill, Redhill, RH1 4AW

Contact: Leila Gregory leilalgregory@gmail.com

- Thurs 6th June 8.00 p.m.
- Thurs 4th July 8.00 p.m.

Weybridge – Oatlands Chaser, 25 Oatlands Chase, Weybridge KT13 9RW

Contact: Fi Phippen f.phippen@talktalk.net 07377 549490

Evening meetings – next one September, date to be confirmed

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

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

- Weds 5th June 10.00 a.m. – 12.00 noon
- Weds 3rd July 10.00 a.m. – 12.00 noon

SPECIAL INTEREST GROUPS

Dads' Group – Redhill

Contact Simon Bunch bunch.simon@gmail.com

A monthly social meeting for fathers of sons or daughters with autism.

- Friday evenings – next dates to be confirmed

Mum's Group – Dorking

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

Contact Helen Trenaman trenamans@talktalk.net 01737 360069

- Friday 28th June

Evening support groups also meet in Guildford, Redhill and Weybridge – see previous page.

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.

Morning venues:

Woking: Twelve Thirty Café, Christ Church, Jubilee Square, Woking GU21 6YG

Guildford: Costa Coffee, Spectrum Leisure Centre, Parkway, Guildford GU1 1UP

Evening venues:

Woking: The Sovereigns pub, Guildford Road, Woking GU22 7QQ

Guildford: The White House, 8 High Street, Guildford GU2 4AJ

- Mon 3rd June 10.00 a.m. Guildford – Spectrum Leisure Centre (see address above)
- Thurs 11th July 10.00 a.m. Woking – Twelve Thirty Café (see address above)

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 5th June – Haslemere - contact Sara Truman nas@mugsy.org 07423 435413
- Thurs 4th July – Weybridge – contact Sara Truman nas@mugsy.org 07423 435413
- Tues 2nd July (TBC) – Redhill – contact Sara Truman nas@mugsy.org 07423 435413
- Weds 7th August – Farnham - Hilary Dyce hilarydyce@yahoo.co.uk 01276 66032

Spouses and Partners Group, Guildford

Contact Sara Truman nas@mugsy.org 07423 435413

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

- Weds 26th June 8.00 – 9.30 p.m.
- Weds 31st July 8.00 – 9.30 p.m.

Branch meetings:

- Thurs 27th June 8.00 – 9.30 p.m. Guildford. Talk on Work Options – see p. 3 for details.
- Thurs 11th July 8.00 – 9.30 p.m. Woking AGM + Talk on Developing Independence – see p. 4 for details

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A VERY big Thank You to Kathy Thompson, who ran the London Marathon, and her generous supporters for raising over £220 for the Branch.

1st – 7th June is **Volunteers' Week** and a chance for us to say 'thank you' to everyone who gives time or money to support the Branch. We are run entirely by volunteers who are either parents of someone with autism or are on the spectrum themselves. If you can spare even a little time or money, please email info@nassurreybranch.org to let us know how.

Course for Mums of Children with Autism in Warlingham

Mark Brown of Special Help 4 Special Needs is running a five-session course for mums to explore a range of issues in a safe environment where they could also express their feelings about what was happening.

Aim of the workshop

To provide information relating to the impact of ASD/Asperger's Syndrome in order to develop greater understanding about support and approaches needed, as well as provide a forum to discuss their own situations safely and without judgement.

Session Structure

The training involves five sessions, each with set areas to discuss and explore. The sessions incorporate various methods, including talks and some practical based activities in order to provide some links with the wider world. The topics covered are:

Session 1

- What is Autism? Including
 - o Theory of Mind/mindfulness
 - o The logical side of autism
 - o Issues relating to literal understanding

Session 2

- Impact of autism on the individual
 - o Obsessions
 - o Behaviours
 - o Ways to support the individual

Session 3

- Impact of autism upon others
 - o Parents including emotional attachments and "bereavement"
 - o Siblings
 - o Extended family

Session 4

- Support that can be given
 - o Being able to support whilst keeping everyone safe
 - o Trying to reduce firefighting and increase consistency
 - o Changes in life that occur including puberty

Session 5

This session is more about looking at individual issues amongst the participants as well as providing time to cover any topics that may arise during the course.

The dates are: 5th, 12th, 19th, 26th June and 3rd July

All sessions are 10am-1.00pm and all should be attended to get the most out of the course.

Cost £65 + Booking fee for the course. Book on Eventbrite <https://bit.ly/2HLSCFt>
Or contact Mark at sh4sn@sky.com

Special Sessions at Laser Quest in Woking

The Big Apple Woking is hosting relaxed Laser Quest sessions for people with Special Educational Needs or Disabilities (SEND) on the first Weds of every month.

To find out more, email enquiries.woking@thebigapple.co.uk or call 01483 904604.

Information Morning for Families with a Child Under 7 with SEND

Home Start is hosting an information morning for the families of children under 7 with Special Educational Needs and / or Disabilities (with or without a diagnosis) on Thursday 6th June from 10.00am – 1.00pm at Molesey Youth Centre.

This event is particularly suitable for families with a child under 5 as Portage, SEND Advisers and Early Support are attending, as well as organisations such as Surrey SEND Information, Advice and Support Service, Action for Carers, National Autistic Society Surrey Branch and more.

If you have any queries, please contact Anne Hubble, Carer Support Co-ordinator on 0203 757 7220 , email ahubble@home-start-elmbridge.org.uk. Anne's working days are generally Monday, Tuesday and Wednesday 9am – 3.30 pm.

Science Museum Quiet Session in October

Early Birds are sensory-friendly morning sessions at the Science Museum in London for families with children who need a quieter environment to enjoy the Museum.

This event is suitable for children who benefit from visiting the museum free from the hustle and bustle of the general public, including those with autism spectrum conditions or sensory processing differences.

They take place on selected Saturdays and Sundays from 08.00, and wherever possible, the sessions offer adjusted operations and/or lowered volume levels on exhibits until 10.00am to make them suitable for children with sensory issues.

These sessions tend to get booked up very quickly, so if you are interested, it is worth getting your reservation in early: <https://bit.ly/271j1oS>

Future Choices for 16 – 24 Year Olds

Future Choices is a new pre-supported internship project to be funded by Surrey County Council. It is a 5 day a week provision for 16 - 24 year-olds with a disability who do not need an EHCP. Candidates to go on the project will be agreed via the SEND team.

The project offers participants three days of non-commercial work placements using Surrey Choices vocational projects. There will also be a Health and Wellbeing day and a tailored independence skills training day.

The project is aimed at those not wanting to continue with college, and it is expected that the next step will be into work or onto a supported internship. The pilot will run from September as an ongoing programme, with candidates able to roll on and off.

Participants can come off the programme at any time to take up a job, and there is no obligation to study English and /or maths. The programme is particularly aimed at those who might otherwise have to go out-of-County to attend vocational courses.

For more information contact Nicky Harding at Surrey Choices EmployAbility email: info@surreychoices.com

Supporting Siblings Of Disabled Children - Workshop For Parents

Family Voice Surrey is hosting a workshop on Weds 5th June to help parents of disabled children find ways of giving attention, information, and support to the other children in their families. Parents will gain insight into siblings' needs and experiences and get practical ideas for supporting them. The workshop will be led by Clare Kassa, Chief Executive of Sibs, the UK charity for brothers and sisters of disabled children and adults.

Refreshments will be provided, but if you want anything more substantial, please bring a packed lunch as this helps Family Voice to keep these events FREE. Booking essential <https://www.eventbrite.co.uk/e/supporting-siblings-workshop-for-parents-tickets-62251991382?aff=erelexpmlt>

New Group for Families with a Child with ADHD in Shepperton

A not-for-profit organisation supporting parents/carers of children with ADHD has been launched in North Surrey, called ADHD Surrey, which may be of interest for families whose children have a diagnosis of ADHD as well as autism. The new group runs parent/carer support groups on the first Friday of the month (mornings 10am to 12pm), and the first Tuesday of the month (evenings 7pm to 9pm) in Shepperton. They host regular awareness and training events for parents and carers with a range of professionals.

It has a closed group on Facebook – search for **ADHD Surrey UK** to find out details of all events and share questions and experiences with other parents and carers.

Football for Girls & Women with SEND

Wandgas Sports & Social Club, a fully-inclusive sports facility based in Worcester Park, has been appointed as the Surrey SEN/disability-specific FA/SSE Wildcats Centre for girls of all abilities and ages who would like to access opportunities to play football, make friends and have fun. They already have several very successful fully-inclusive *Football for All* squads with both male and female players of all abilities, including U12's, U16's, League, Championship and Premiership adult teams.

The addition of the new SEN FA/SSE Wildcats Centre, Wandgas *Football for All* will offer female-only football training sessions for girls with SEND on Sunday afternoons from 2.00 – 4.00pm from Sunday 2nd June with fully-qualified FA affiliated coaches. For more details email dennisjones15@btinternet.com

Animal Assisted Therapy for Children and Young People with SEND

The Elysian Centre in Shamley Green provides animal assisted therapy to children and adults with a range of different needs. They are currently running a pilot project for children and young people aged 4 - 25 with SEND who are not able to engage with mainstream services or talking therapies. Groups include:

- ASD group for girls 9-12 focus on social communication and overcoming anxiety
- Emotional Social Behavioural group focusing on managing anger, behaviours and anxiety.
- Social Communication and personal development (generic and divided on age/need).
- Overcoming Anxiety, emotional regulation and mindfulness

For full details, go to: <http://www.elysianuk.org/transformation-pilot/>

Participants Wanted for Birkbeck Study

Birkbeck Centre for Brain and Cognitive Development is looking for children 5-17 years with a diagnosis of autism to participate in a Masters dissertation project at its 'Babylab'.

The Masters study is aiming to develop new measures to support the ASC assessment process. To do this they need to find more reliable ways to measure how the brain of autistic people work, and are testing whether they can accurately capture the social communication challenges that children with ASC experience. It involves a one-off visit of about one hour to Birkbeck where they will carry out an EEG and track your child's eye movements while they watch a cartoon.

All travel to Birkbeck University from in and around London will be reimbursed.

To express your interest, go to their Facebook page

<https://www.facebook.com/BirkbeckBabylabLDN/posts/10156018219442007>

Research Request: Understanding the autistic mind

Malwina Dziwisz is part of an autism research group at University College London, led by Dr. Sarah White and Dr. Jo Moss. They are looking for participants to take part in some new research projects that attempt to further understand the workings of the autistic mind. They are currently recruiting participants for three research studies:

- Study 1: individuals with a diagnosis on the autism spectrum, aged 4 years and upwards, with language delay but at least single word speech
- Study 2: young male adults (18-24 years) with a diagnosis on the autism spectrum, who have been educated in mainstream schools
- Study 3: mothers of a child/children with autism

If you and/or your family members fit into at least one of these groups and you are interested to hear more about the research projects then please get in touch with the team. The location of test sessions is flexible and travel expenses will be reimbursed. They also offer tokens of thanks for participation. For more information, please contact Malwina on: m.dziwisz@ucl.ac.uk or 020 7679 1148 or 020 7679 1128

Police Open Day for Families in Guildford

Surrey Police are putting on an open day for families that include someone with autism on Saturday 13th July at their headquarters Mount Browne in Guildford. We understand that you can book a session in 90-minute time slots to ensure it doesn't get too busy and overwhelming.

Details will be published on the **Surrey Police Facebook page**.

'Rise & Roar' Quiet Sessions at Hampton Court Magic Garden

The Magic Garden at Hampton Court Palace is hosting further 'Rise and Roar' quiet sessions aimed at those living with or caring for someone with autism, or those who have any other sensory needs, and their families and carers. Forthcoming sessions are on 16 June, 18 August and 20 October.

For details and to book, go to the Hampton Court website: <https://bit.ly/2HOaFuV>

Spelthorne ParaSports Club

Spelthorne ParaSports Club provides opportunities to play a range of sports for young people with special needs aged from 5 -15 and their siblings. Activities and sports include football, basketball, boccia, new age curling, trampolining, table cricket, polybat, goalball and unihoc. 2 or 3 main activities take place each week but a range of other equipment is also available each week for young people to use.

All sessions are overseen by enthusiastic volunteers although parents/guardians are encouraged to stay on site during the sessions. The sessions are held at Spelthorne Leisure Centre from 10.15 – 11.45 on Saturdays during term-time. The cost is £4 for the first child and £2 for siblings, payable on the day. For further information visit www.spelthorne.gov.uk/parasportsclub, email leisure@spelthorne.gov.uk or call 01784 446433.

Events for Carers week in June

Action for Carers is holding a range of events for Carers Week from 10th – 16th June including information stands, an outing to Polesden Lacey and a Wellbeing and Mindfulness morning. You need to be registered with Action for Carers to attend. For details go to <https://www.actionforcarers.org.uk/events/carers-week-2019/>

Learning Disability Week Events

For Learning disability week from 17th – 23rd June Mencap is asking as many people as possible, with and without a learning disability, to get involved in inclusive sporting activities in their local communities. They have a map which shows the different types of events taking place, including some events which you can get involved in. Find out more by going to <https://www.mencap.org.uk/get-involved/learning-disability-week-2019>

INFORMATION FOR ADULTS AND YOUNG PEOPLE

Job Centre Plus Visits

When young people leave school or college and start job-hunting, they will probably need to attend their local Job Centre Plus (JCP) office to claim benefits while looking for work. This can be particularly daunting for people with autism, and we know that some people do not claim the benefits they are entitled to because they cannot cope with visiting the Job Centre.

The Guildford Job Centre Plus is running a pilot project offering people with autism who find the prospect of “signing on” at the Job Centre too stressful the opportunity to visit the JCP office informally so that they can see what it is like and what happens there before they need to attend in order to claim Universal Credit (which is replacing Jobseekers Allowance and Employment And Support Allowance). If necessary, parents can arrange the visit on behalf of their son or daughter and accompany them. Anybody who would like to arrange a visit should contact Justine McManus, Disability Employment Adviser for Surrey, email: JUSTINE.MCMANUS@dwp.gov.uk

When attending JCP offices, if people choose to declare that they have autism, reasonable adjustments can be made to make their visit easier. If there are enough claimants with autism registered at an individual JCP, they might be able to offer “quiet hours” when the office would try to offer a quieter, more autism-friendly environment.

Pro-Active Community Launch Event – 7th June

The Pro-Active Community are people with lived experience of learning disability (LD), autism (with or without LD) and acquired brain injury. They want to give other people like them a voice, more opportunities and enable them to join together. They are having a launch event to help other people like them on Friday 7th June at Ashtead Peace Memorial Hall, Woodfield Lane, Ashtead KT21 2BE. The event runs from 10.00 a.m. – 3.00 p.m. Coffee etc provided, but please bring your own lunch. There will be free Quality Checkers Training, to enable people to check each other's services, health and leisure facilities.

For more information, or to share your interest in attending, please email rebecca.lordan@activeprospects.org.uk

NAS Autism & Employment Project

The NAS is working with [Breathe](#), an independent research agency, on a project to understand the challenges faced by autistic adults when it comes to finding and staying in a job.

This could include any support or resources that you have used to help with this. This will help develop how the NAS help people into work and to maintain that employment in the future.

As part of this study, independent researchers from Breathe will be conducting interviews all across the UK from 1 July-12 July. They're looking to speak to a cross section of autistic people, so that they can understand the range of needs of a wide group of people on the autistic spectrum. As this project is about employment, they would really like to speak to people who are in jobs now OR have had jobs in the past two years. The interview will take 60 minutes and the researcher will conduct the interview (which is just an informal chat) in a way to suit you. This can be online by a video chat, like Skype or Facetime, by phone or they would come to you in person.

The researchers are looking to interview autistic adults aged 18 or over who are either in a job or have had a job in the last 2 years. You need to be available to be interviewed for 60 minutes in the weeks of 1 July-12 July. For more details go to the NAS website: <https://bit.ly/2XbjLD>

Positive Behaviour Support Festival, Winchester

The Surrey Positive Behaviour Support Network aims to bring together individuals, family carers, support providers, professionals and the wider community to discuss, share practice and raise awareness of Positive Behaviour Support (PBS).

Positive Behaviour Support has become established as the preferred approach when working with people with learning disabilities who exhibit behaviours described as challenging. On **Friday 20th September** they are joining with other PBS groups for the PBS Festival in Winchester, a conference with a range of speakers and information stands. From 1st June tickets will be available from Eventbrite – go to <https://bit.ly/2YS0ATg>

For more information about the Positive Behaviour Support Network Surrey search Facebook or go to <http://www.surreypb.org.uk/surrey-positive-behaviour-support-network.html>

Survey on Patients with Learning Disabilities

Frimley Health would like to understand more about the experience of patients with a learning disability, as well as their carers, and if Health Passports are being used to help in the care and treatment of patients. They are currently asking people with LDs and/or their carers who have attended Frimley Park Hospital to complete an easy-read survey. A report of patients' experiences will be shared with the Senior Nursing Committee and with the Disability and Carers Forums. If you would like to complete the survey please request one from Najeeb Rehman: n.rehman@nhs.net. **The survey closes on 14th June.**

Conference on Future of LD Health Support

SABP Trust Conference Surrey and Borders NHS Trust are organising a conference on Thursday 13th June about what the medical workforce of the future for learning disabilities or autism services should be like. Whilst mainly aimed at professionals, they want some parents/family members/people with autism or LDs to attend too as there will be round table discussions which will benefit from parental/service user involvement. The conference runs from 9.30 – 4.30 and is being held in Leatherhead. For details see: <https://bit.ly/2KmWqiv>

If you are interested in attending or want to know more, please contact Mary Ondrusz email: mary.ondrusz@sabp.nhs.uk NB: This event is primarily aimed at professionals so may not be suitable for some people with Learning Disabilities / autism. Please consult with Mary Ondrusz for details.

About NAS Surrey Branch

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

If you are a member of the National Autistic Society at national level, you can nominate us to receive part of your subscription by emailing supportercare@nas.org.uk.

The National Autistic Society works for autistic people and runs a wide range of services such as schools, clubs and adult centres. It has over 20,000 members and 100 branches and works in partnership with more than 50 local autism societies. The NAS exists **to transform lives** by being a trusted source of support and practical advice for autistic people and their families at key stages in life and **change attitudes** by working with businesses, policy-makers, autism professionals and the public to reduce isolation and open up opportunities in society as a whole.

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

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