

Welcome to the February/March 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.

It never ceases to amaze me just how many different activities and events there are nowadays for autistic children and young people.

When my son was young, there were virtually no 'autism-friendly' facilities or sessions in mainstream locations. Looking at this issue of the newsletter alone, families can now take their children or young people to adapted events from gaming venues and museums through to trampoline facilities and railways, and find places to try out activities such as singing, drama, football, yoga – and a host of other activities.

There is, of course, still a long way to go to make our world fully inclusive and accessible to autistic people, with access to appropriate education, health and employment opportunities top of the list.

This is why our conference, in this our 25th anniversary year, is focused on **Autism Past, Present and Future**, and also why the NAS continues to campaign to improve services and support for children and adults alike.

If you want to be part of the difference, there are lots of ways to be involved, by taking part in Branch activities or fundraising by doing something challenging – or just fun - during World Autism Awareness Week which starts on 30th March.

Sara Truman,
Chair (volunteer)

NAS Surrey Branch

General email: NASSurreyBranch@nas.org.uk

Website: www.nassurreybranch.org

Twitter: @NASSurreyBranch

Facebook: @NASSurreyBranch

Donations: www.justgiving.com/nassurreybranch

NAS Surrey Branch Contacts

Chair:

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nas@mugsy.org

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Haywood Drake
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Deputy Chair / Website & Newsletter:

Emma Whitfield
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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
Emma Ellis

Parents of Girls' Group

Rachel Pearson
racheldpearson@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

SEND Advice Surrey: 01737 737300

www.sendadvicesurrey.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 01737-287002

Activities for children and young people

NAS Resource Centre, Godalming: 01483

521 744 SEResourceCentres@nas.org.uk

interAKTive, Epsom-based charity for children with 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

Branch Conference 2020: Autism – Past, Present and Future

There are still some tickets available for the next NAS Surrey Branch conference on **Saturday 16th May 2020** at the University of Surrey in Guildford, from 10.00 a.m. to 4.00 p.m. As we're celebrating the 25th anniversary of the Surrey Branch being formed this year, we will be looking at how understanding of autism has developed over the last 25 years and the latest research, approaches and issues around today. We will be thinking about the future too, for individuals with autism and the wider autism world.

Our main speakers are **Carol Povey, Director of the NAS Centre for Autism** and **Ros Blackburn**, an autistic adult. There will also be workshops on some of the current big issues in autism: mental health, Pathological Demand Avoidance, girls with autism, managing difficult behaviours, employment, and adult social care.

Tickets are subsidised for parents/carers and autistic people and cost just £35. Tickets for professionals are £70 each. To book go to: <https://bit.ly/2Uig8AF>

Free SEN Advice Sessions

We are hosting another 1:1 SEN advice clinic on Saturday 14th March in Leatherhead. This is a chance to talk to a SEN advocate about your child's EHCP, Annual Review or potential appeal to Tribunal.

The advice clinic is run by Tanya Williams, founder of www.senadvice.com who is a SEN advocate and SOSISEN volunteer. She worked for over 20 years as a litigation lawyer, and is also a mum to two young people with neurodiverse conditions. Through the NAS Surrey Branch, Tanya is offering free one-off 40 minute 1:1 sessions for parents/carers of autistic young people in Surrey to give you advice on next steps or possible ways forward. Please note that due to time constraints, Tanya is unable to provide detailed advice on individual EHCPs. She is also unable to assist anyone who already has legal aid or other solicitors already acting for them.

Places must be booked and will be allocated on a first-come, first-served basis. For a booking form please email events@nassurreybranch.org with "SEN Advice" in the subject line. You will also be sent a questionnaire to complete ahead of the session.

World Autism Awareness Week

30th March – 5th April 2020 is World Autism Awareness Week – a chance for people who are autistic, or who support someone with autism, to inform those who don't understand. It's also a good opportunity to raise money for the NAS and there are loads of ideas on the website of how you can help. Find out how you can get involved here: <https://www.autism.org.uk/get-involved/world-autism-awareness-week.aspx>

NAS Post-Diagnosis Four-Day Course

For parents of children who have recently had a diagnosis, the NAS runs a four-day 'Stepping up for Autism' course. The next one runs over four full days in May and June and is for parent/carers who want to understand more about the diagnosis and get practical advice.

To find out about booking contact Jo Barton-Warner on 01483 521744 or email SEResourcecentres@nas.org.uk The course is available to parents of primary school age children with a diagnosis living in Surrey.

NAS Workshops for Parents and Carers

The NAS Surrey Service, run by professionals, is running a series of workshops for parents and carers of children and young people who have a diagnosis of autism or are seeking one.

Upcoming workshops include:

- Social Skills – 10.00am – 1.00pm Weds 11th March, Spelthorne
- Visual Support – 10.00am – 1.00pm Weds 18th March, Godalming
- Talking Autism – 10.30am – 12.30am 29th April, Godalming

Places must be booked in advance. To book or find out about other workshops, contact SEResourcecentres@nas.org.uk

Autism-Friendly Gaming Event in Farnborough

Overworld is a gaming centre designed to encourage inclusion where youngsters can play against or with friends, as well as developing a better understanding of potential digital media careers and activities based around E-sports.

Through the NAS Surrey Branch, Overworld is offering autistic young people and their siblings interested in gaming the opportunity to come along for free on 22nd March (for children age 7-12) and 3rd May (for young people age 13-17) from 11.00am – 1.00 pm.

Young people will be able to play video games, get involved in future tournaments aimed specifically towards SEN and receive advice from professional gamers and YouTubers. Staff will be available to discuss positive aspects of gaming and answer questions. **NB: parents remain responsible for their children/young people at all times.**

Booking is essential via Eventbrite:

Sunday 22nd March <https://bit.ly/36UJoQO>

Sunday 3rd May <https://bit.ly/3b6M553>

If you have any questions, contact jo.dilworth@gmail.com. 25 places are available in each session and are allocated on a first come, first served basis.

Consultation on Additional ASC Places in Reigate

Surrey County Council, in collaboration with Brooklands School in Reigate, is looking at how best to provide additional specialist school places in the local area.

The proposal is to expand Brooklands School to create additional provision for children with a primary need of Autism using an existing school site on Alexander Road in Reigate. It is proposed that the expansion will provide an additional 70 places. The school would expand its provision incrementally over a 3 - 4 year period, to eventually reach full capacity.

Surrey County Council and Brooklands School would like to seek your views on this proposal. The consultation is open now and closes on Friday 14 February 2020.

A public meeting is planned at Brooklands School on Wednesday 5 February 2020 from 5.30pm - 6.30pm. The address is 27 Wray Park Road, Reigate, RH2 0DF. All are welcome to attend. For details, go to: <https://www.surreysays.co.uk/csf/proposal-to-expand-brooklands-specialist-school/>

Haslemere Museum Session for Children with Autism

Haslemere Educational Museum is holding a special early opening for families with children who have Autism. The museum holds collections of natural history, human history and geology, including 20,000 fossils, 5,000 rocks and minerals and a large collection of mammals, reptiles, birds, shells and insects. The 'Early Birds' session is from 9am – 10am on Wednesday 19th February. Booking essential at:

<http://www.haslemeremuseum.co.uk/whatson/whatson.html>

Drop-in Event for Parents of 0 – 25 year Olds with Additional Needs

Family Voice Surrey are holding free monthly drop-in events for parent carers of 0-25 year olds with additional needs. You can go along for tea, coffee, biscuits, interesting speakers and a chance to chat with other parent carers. They are from 10am - 12pm on Mondays at Special Help 4 Special Needs, 195 Godstone Road, Whyteleafe, CR3 0EL.

- 10th February
- 9th March
- 20th April
- 11th May
- 8th June
- 13th July

Contact: 01372 705 708, or email gretta.s@familyvoicesurrey.org

For other local meetings go to <https://www.familyvoicesurrey.org/fvs-events>

Rebound Therapy at Gravity Force

Gravity Force Trampoline Park in Camberley offers SEN sessions every Tuesday from 1.00 – 2.00pm and Wednesdays from 7.00 – 8.00pm. They run Rebound Physiotherapy during the SEN sessions and can also run sessions outside of these times if booked in advance. They are suitable for both children and adults.

Rebound therapy uses trampolines to provide therapeutic exercises to people with disabilities and additional needs. It is designed to facilitate movement, promote balance, improve muscle tone, promote relaxation and sensory integration, improve fitness and exercise tolerance and improve communication skills. It costs £20.00 for 30 minutes, including initial assessment. For details go to www.gravityforce.co.uk or contact Tilly Abbey: tilly.abbey@gravityforce.co.uk, 01926 356290.

Action for Carers Events

Action for Carers Events are holding a number of free events across Surrey that may be of interest to NAS Surrey Branch members.

Autism Workshop - Challenging Behaviour with Mark Brown

28th February, 10am – 1pm, Guildford

24th March, 10.30 – 1.30pm, Caterham

Wills, Trusts and Lasting Power of Attorney with Debbie Duggan

20th March, 10am – 1pm, Ash

Learning Disability Workshop – What services are out there? With Primary Care Nursing Services, Health Checks Service and Transition Team

4th February, 10am – 12.30pm, Staines

24th March, 10am – 12.30pm, Hersham

To book a place or for further information call 0303 040 1234 extension 815, or email CSAmin@actionforcarers.org

NAS SURREY BRANCH CALENDAR Feb – April 2020

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

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

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

NB Note new start time for morning meetings, and mornings & evenings now alternate.

Weds 5th Feb 10.30 a.m. – 12.00 p.m. Contact: Tarah Basu tarahbasu@googlemail.com

Weds 4th March 8.00 p.m. Contact: Sam Caine sjcaine@hotmail.com

Weds 1st April 10.30 a.m. – 12.00 p.m. (TBC) Tarah Basu tarahbasu@googlemail.com

Dorking – Mum's Group evening meet-up

Meetings currently not taking place due to lack of numbers. Anyone interested in an evening support group in Dorking, please contact Helen Trenaman:

trenamans@talktalk.net 01737 360069

Frensham – The Holly Bush, Frensham, GU10 3BJ.

Contact: Christine Malik christinemalik@btinternet.com or Bonnie Noyce jbnoyce@yahoo.com

Mon 10th Feb 9.15 – 11.30 a.m.

Weds 11th March 9.15 – 11.30 a.m. (*note different day*)

Godalming – Café Mila, 1 Angel Court, High Street, Godalming GU7 1DT

Contact: Katherine Frogley katherinefrogley@gmail.com

Thurs 27th Feb 10.00 a.m. – 12.00 noon

Thurs 26th March 10.00 a.m. – 12.00 noon

Thurs 23rd April 10.00 a.m. – 12.00 noon

Guildford

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

Morning venue: **Caffe Nero, 66 North Street, Guildford GU1 4AH**

Evening venue: **The White House pub, 8 High Street, Guildford GU2 4AJ.**

Thurs 13th Feb 10.00 a.m. – 12.00 noon - Caffé Nero

Mon 9th March 7.30 – 9.30 p.m. The White House

Hinchley Wood – Venue to be confirmed

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

Fri 20th March 2.00 – 3.00 TBC

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

Contact: Leila Gregory leilalgregory@gmail.com

Thurs 6th Feb 8.00 p.m.

Thur 5th March 8.00 p.m.

Thurs 2nd April 8.00 p.m.

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

Contact: Fi Phippen f.phippen@talktalk.net

Weds 18th March 8.00 p.m.

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

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

Weds 5th Feb 10.00 a.m. – 12.00 noon

Weds 4th March 10.00 a.m. – 12.00 noon

Weds 1st April 10.00 a.m. – 12.00 noon

SPECIAL INTEREST GROUPS

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.

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

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

Mon 10th Feb 10.00 a.m. Woking

Fri 27th March 10.00 a.m. Guildford

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 Feb – Weybridge - Hilary Dyce hilarydyce@yahoo.co.uk 01276 66032

Thurs 5th March – Guildford - Sara Truman nas@mugsy.org 07423 435413

Tues 10th March – Redhill - Sara Truman nas@mugsy.org 07423 435413

Weds 1st April – Haslemere - 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 Feb 8.00 – 9.30 p.m.

Weds 25th March 8.00 – 9.30 p.m.

Weds 29th April 8.00 – 9.30 p.m.

For up to date information about our meetings and events, plus other local news and information, or to ask questions in a community of around 2000 parents, carers and professionals in Surrey, join our supportive online email forum:

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

If you don't want to receive too many emails, you can get a daily digest of posts.

NAS Surrey Branch Dads' Group – On Hold

The support group for fathers of autistic children which met in Redhill is currently not running due to lack of participants.

If you would like to explore setting up a Dads group in another part of Surrey, please email NAS Surrey Branch Chair Sara Truman: nas@mugsy.org

Appeer Group for Girls

Parents from the Branch have set up a new Community Interest Company, Appeer, which will provide social interest groups for girls aged 7 - 12 underpinned by a range of social, emotional and life skills objectives and sessions for parents/carers from a range of professionals. To find out more, contact Jo Dilworth: jo@appeer.org.uk

Freemantles School Conference in Woking

The Freemantles School conference for parent/carers and professionals in Woking on 23rd March is now open for bookings. The key-note speaker will once again be Peter Vermeulen who will deliver a presentation that will explore how we can increase the wellbeing of autistic people throughout the lifespan, from early childhood into late adulthood. The conference will explore ways of assessing wellbeing and how to increase it, illustrated with the story of a boy diagnosed in the eighties who is now a happy adult. His story will show how we can move to 'neuro-harmony', where autistic and non-autistic people can live in harmony.

Peter Vermeulen holds a MSc and PhD in Psychology and Educational Sciences and has worked with people with Autism and their families for more than 30 years. He is the founder of 'Autism in Context' and a Senior lecturer at Autisme Centraal in Belgium, a training and education centre for autism.

To request a booking form, go to www.freemantles.surrey.sch.uk, call: 01483 545680 or email: conference@freemantles.surrey.sch.uk Cost: Professionals: £150, Parents: £75. Bookings close Friday 13th March 2020.

Thank You to Banstead Rotary Club

Our thanks go once again to Banstead Rotary Club for their kind donation of £500, which is a share of their Christmas collection for many local charities. This money will make a real difference to the support we can offer families.

PDA Workshop by PAST

Positive Autism Support and Training are running a seminar entitled *Positive about Autism and PDA - A Celebration of Neuro-Diversity*. It is from 09.30 -12.30 in Surrey on 14th March. The cost is £5 per person. For details of this event and other services offered by PAST, go to <https://www.positiveautismsupportandtraining.co.uk/>

Free Football Tickets

Aldershot Town football club's charity arm, the Shots Foundation, is offering free tickets to the Aldershot Town V Dagenham & Redbridge match on Sat 7th March at 3.00 p.m. This is part of a national initiative called Level Playing Field, which has the aim of enabling people with disabilities to enjoy live sport events and have equal access to them by making them as inclusive as possible: <https://www.levelplayingfield.org.uk/>

The Shots Foundation works with local schools, charities and other organisations to improve lives through various initiatives. They are offering free tickets to the match on 7th March for children and adults with disabilities and their families. If you'd like to go, please contact Sara Truman at nas@mugsy.org / 07423 435413 saying how many tickets you would like **by Thursday 6th February**.

Inclusive U12 and U16 Football Teams

East Surrey Hawks is an inclusive football club in the Redhill/Reigate area for children aged from 6 – 16 with disabilities, health conditions and complex needs. They are looking to expand its under 12 and under 16 teams, so get in touch if you would like more information. You can find them on Facebook by searching for East Surrey Hawks or email eastsurreyhawks@gmail.com or see <https://east-surrey-hawks-fc.constantcontactsites.com/>

Drama Therapy Workshops for Children Excluded from School

'With My Eyes' is a course of drama therapy workshops for Surrey teenagers with mental-health needs and their parents, run by Guildford Shakespeare Company and professional drama therapists. It is aimed at young people who have been excluded from school, or at risk of exclusion, due to mental health difficulties. It is designed to break the cycle of mental health issues and provide an opportunity for emotions and feelings to be expressed and explored through drama and creative arts. For more information go to <https://www.guildford-shakespeare-company.co.uk/>

Inclusive Dance, Movement and Yoga Classes

Synergy Dance Outreach are running inclusive dance, movement and yoga classes for children with SEND at Guildford Spectrum, Woking Leisure Centre and YMCA East Surrey. For details, email sue@synergydanceoutreach.co.uk or go to <http://ow.ly/PldU30q7nZC>

Research into Children's Sleep

A researcher from the UCL Institute of Education Sleep Lab (www.lilaslab.com/) is looking for people to take part in a research project on sleep and cognitive development. Jo Fall is a researcher studying for a MSc in the Psychology of Education. She lives in Godalming and volunteers at the National Autistic Society, and is looking for participants in Surrey and North East Hampshire to take part this term.

If you take part, Jo will come to your home at an agreed time for up to an hour after school or on a Saturday. Your child will be asked to complete cognitive tests that will measure their non-verbal IQ, memory and attention skills.

You will receive a report on your child's sleep patterns (including bed time, wake up time, sleep duration, sleep quality, number and duration of night awakenings). The results of cognitive assessments can also be provided. All data collected from you and your child will be kept strictly confidential. Please contact Jo directly if you are interested or have any questions: email: Joanne.fall.18@ucl.ac.uk tel: 07921 084867.

Conference on Mental Health and Autism

Autism Learns is running a one-day seminar in London on Friday 20th March. It is designed to equip parents, carers and professionals with the tools to maintain good mental health in autistic children and young adults, plus the knowledge to recognise and deal with any difficulties as soon as they arise. You will learn:

- Strategies for nurturing mental wellbeing at home and school
- How to prepare for, and get through, the teenage years
- Ways to build and maintain self esteem
- How to spot the warning signs of mental health difficulties
- Effective therapies and approaches
- How to identify the causes of anxiety
- Tips to manage anxiety, stress and depression
- Supporting autistic students with mental health issues

Tickets cost from £49 for parent/carers. To book go to <https://www.eventbrite.co.uk/e/autism-learns-mental-health-wellbeing-london-tickets-91105253265>

LEGO Club for Autistic Children Near Redhill

There is a new Lego Club for autistic children age 5+ at Priory Farm, South Nutfield, near Redhill which meets on Tuesdays at 3.30pm. Children will learn to follow the Club rules, but can also do freestyle building or take part in small group work. If they are overwhelmed, they can go out. The club is located at the back of the garden centre in a quiet corner and is delivered by Ola Malenska, the founder of Kaleidoscope CIC, who is a trained LEGO therapist and has an autistic son. No diagnosis necessary. To book go to Eventbrite <https://bit.ly/2OgHmDY>

Accessibility Information

AccessAble is the new name for DisabledGo, a UK-wide website with information for people with disabilities about thousands of shops and shopping centres, stations, libraries, hospitals, sports centres, pubs, restaurants and other public buildings. Go to <https://www.accessable.co.uk/> or download the AccessAble app for your phone.

It includes photographs of the buildings, information about access to blue badge parking spaces, disabled toilets and other facilities, including quiet rooms and changing places (rooms with hoists and adult sized changing tables for adults with severe disabilities). It also includes information about accessible events nationwide.

The service has worked with Woking Borough Council, so there is particularly detailed information about the Woking area: <https://www.accessable.co.uk/woking-borough-council>

Guildford Friary shopping centre has just opened a new area with a disabled toilet, changing places toilet and parent and child room, as well as a quiet room for people with sensory issues.

'The Expert Parent Programme' – Free Event 21st March

At time of going to press, there were a few tickets left for a free Family Voice Surrey event for parent carers called The Expert Parent Programme on Sat 21st March in Oxted.

It is a training and information programme for parent carers of children who are disabled, to build resilience and confidence when engaging with health professionals, led by facilitators Gail Bedding and Grainne Saunders, both trained by the Council for Disabled Children.

The programme consists of a one-day workshop, an e-learning package and online resources. It is designed help participants with resilience, the skills & knowledge to build effective relationships with health professionals, a greater understanding of how the health system works, feeling less isolated and having an understanding of what is meant by outcomes and why they're so important. The programme was developed with support from the Department of Health.

Tea, coffee and biscuits are provided from 9.30am, and the workshop training starts at 10.00am. <https://www.eventbrite.co.uk/e/parent-carer-training-day-the-expert-parent-programme-tickets-9082222713>

Family Voice Report on SEND School Transport Problems

In September 2019, the parent carer forum Family Voice Surrey received a huge number of calls, emails and messages through its coordinators and at school gates etc regarding concerns about SEND Transport.

In response to this, they launched a short survey to try and understand what the issues were, which many readers will have contributed to.

Soon afterwards, Surrey County Council launched a much broader consultation into all home to school travel (for all children, with or without SEND). Family Voice promoted the consultation and attendance at the events SCC put on and listened to parent voices about the consultations.

This work has culminated in two reports, each addressing a slightly different aspect of SEND transport which have been presented these to Surrey County Council.

Surrey County Council has not yet published its report, but you can read Family Voice Surrey's reports and evidence on their website here:

<https://www.familyvoicesurrey.org/single-post/2019/12/20/FVS-Transport-Reports---December-2019>

INFORMATION FOR ADULTS AND YOUNG PEOPLE

Whole Notes Chords in Guildford and Camberley

Whole Notes is a community choir for adults with autism, social anxiety or a learning disability and runs weekly in Camberley and Guildford.

It is designed for people who want to have fun singing with others, build self-confidence, make friends and learn useful life skills. Each choir meets weekly during term-times:

- Camberley Theatre on Tuesday evenings from 7.15 – 8.15pm
- Guildford, United Reform Church on Tuesday afternoons from 1.30 – 2.30pm.

For details contact Alison Wrigley at Whole Notes on 07902051794, email: info@wholenoteschoir.co.uk Website: www.wholenoteschoir.co.uk

Mental Health Crisis Helpline Surrey

Although autism is of course not a mental illness, many people with autism also have a mental health condition.

The mental health crisis helpline for Surrey now operates 24 hours a day. The number is: 0800 915 4644.

There is a SMS text service for people with speech or hearing difficulties: 07717 989024.

Textphone or Next Generation Text service app users (www.ngts.org.uk):18001 0800 915 4644.

Health Action Planning Training

Surrey and Borders Partnership's East and West Community Teams for People with Learning Disabilities are offering Health Action Planning Training for anyone who directly supports people with learning disabilities in Surrey. The session will cover:

- What is a health action plan and why are they important
- How to use health action plans
- How to create and implement health actions plans
- How to involve the individual in building a health action plan
- Annual health checks
- Common health issues
- Local specialist health services.

Dates:

East Surrey: Redhill, Fridays 20 March, 22 May, 24 July, 25 Sept, 20 Nov

West Surrey: Chertsey, Wednesdays 19 Feb, 15 April, 17 June, 19 August, 21 Oct, 16 Dec

Booking essential - please email:

rxx.ctpldeast@nhs.net for East Surrey sessions.

rxx.ctpldwest@nhs.net for West Surrey sessions

Priority will be given to family/carers and independent paid care staff, whilst places will be limited for paid care providers/companies. If you wish to discuss the suitability of this training, please contact the Nursing team in East Surrey on 01737 288800 / 01372 202100 or West Surrey on 01252 355555 / 01932 587080.

About NAS Surrey Branch

NAS Surrey Branch is a volunteer-run, support group for the parents of autistic children and adults. It's FREE to join (although a small donation is appreciated) and we have around 2,000 members. We hold regular support group meetings, organise social events and special interest groups and represent parents in meetings with health, education and social services. We host an active online forum and produce this email newsletter every two months. To join, go to www.nassurreybranch.org 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 2,000 members and 100 branches and works in partnership with more than 50 local autism societies. The NAS exists **to transform lives** by being a trusted source of support and practical advice for autistic people and their families at key stages in life and **change attitudes** by working with businesses, policy-makers, autism professionals and the public to reduce isolation and open up opportunities in society as a whole.

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

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