



Newsletter

Welcome to the June / July issue of Surrey News

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You will no doubt have been inundated recently by emails asking you to opt-in or re-subscribe to services, following the introduction of the **General Data Protection Regulation** (GDPR) on 25th May.

Our NAS Policy advisor has reviewed the regulations and believes that we do not need to ask you to 'opt in' to our email services again because you opted in originally via Yahoo!, and because we do not share your data with any other services or organisations. We only use your data to give you information about our local events and activities.

If you want to stop receiving our emails at any time, then please do click the Unsubscribe link at the bottom of every email, or email info@nassurreybranch.org with UNSUBSCRIBE plus the list(s) you wish to unsubscribe from in the subject line.

The two Yahoo lists are:

- The newsletter email list 'NASSBLETT'
- The online forum emails 'NASSB'. If you unsubscribe, you will no longer be able to participate in the online forum.

We will then take you off our mailing list as soon as we can.

Many thanks,

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:

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nas@mugsy.org

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Deputy / Website & Newsletter:

Emma Whitfield

emma@mugsy.org

Events:

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

Sarah Mead

sarah_mead@hotmail.co.uk

Emma Searle

ephillpotts@gmail.com

Jill Goulding

Jill.goulding@gmail.com

Parents of Girls' Group

Rachel Pearson

racheldpearson@gmail.com

Fathers' Group:

Martin Trenaman

trenamans@talktalk.net

Parents of Adults' Group

Hilary Dyce

hilarydyce@yahoo.co.uk

Weighted Blanket Loan

E Surrey – Penny Sims po.sims@yahoo.co.uk

W Surrey – Emma Whitfield

emma@mugsy.org

Blankets are suitable for a child from 25kg

POSTAL ADDRESS

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

NAS Surrey Branch

c/o Walton Charities,

2 Quintet,

Churchfield Road,

Walton on Thames KT12 2TZ

Other Useful Contacts

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

NAS web site: www.autism.org.uk

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

NAS Parent-to-Parent line 0808 800 4106

NAS national membership: 020 7903 3563

Email membership@nas.org.uk

Education Support

NAS Education Rights: 0808 800 4102

SSIASS Parent Support: 01737 737300

www.sendadvice.surrey.org.uk

SOS!SEN charity to support EHCPs etc, Tel:

020 8538 3731, Web: www.sossen.org.uk

Family Support & Representation

One Stop CAMHS / BEN Pathway family support 0300 222 5755

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

Family Voice Surrey parent representation

www.familyvoicesurrey.org

Action for Carers tel: 0303 040 1234

CarerSupport@actionforcarers.org.uk

Parent Programmes

PAT-P for parents of under 5s. Replaces Early Bird course.

Cygnets for parents of children aged 5 – 19.

courses@sendteachingschool.co.uk

Tel: 20 8330 3009 ex 237

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

Activities for children and young people

NAS Resource Centre, Godalming: 01483

521 744 SEResourceCentres@nas.org.uk

interAKtive, Epsom-based charity for children with ASDs and other difficulties 07876 762178

www.interaktive.org.uk

Adult Services

Surrey Adult Social Svcs: 0300 200 1005

NAS Surrey Service Tel: 01483 861600,

email: surrey.service@nas.org.uk

Employment Support

Employability for people with disabilities including ASDs Tel: 01483 806806, email:

employability@surreychoices.com

Benefits advice

NAS Tips page – via www.autism.org.uk

Cerebra DLA guide: <http://w3.cerebra.org.uk/>

0800 328 1159

Talk on Anxiety in Guildford

On the evening of Tuesday 26th June in Guildford we are holding a free talk about Managing Anxiety in children or adults with ASD. Our guest speaker is **Dr Louise Connor**, a clinical psychologist often recommended by members of this group for her expertise in autism, along with her colleague Dr Michelle Conn.

The talk will include our AGM, which only takes about 10 minutes. We are delighted that Sara Truman is standing for re-election as Chair and Haywood Drake as Treasurer. If anyone else would like to nominate themselves to stand for either of these posts, please email Emma Whitfield emma@mugsy.org by Weds 19th June.

Date: Tuesday 26th June
Place: Guildford Institute, Ward Street, Guildford, GU1 4LH
Time: Tea & coffee from 7.45pm. The meeting will begin at 8.00 p.m. and finish at around 9.30 p.m.

There is no charge to attend, but donations on the door will be welcome. **Space is limited, so to reserve your place, please email events@nassurreybranch.org**

NAS Surrey Branch & interAKtive Ice Skating Event

We have a few places left for our annual ice-skating family event with interAKtive on **Sunday 10th June from 4.45 – 5.45pm (arrive at 4.30 to collect boots and helmets)**. The suggested donation remains at £4.50 per person. This is one of our most popular family events: we take over the whole rink, and flashing lights and loud music are turned off to make it more accessible for those with sensory issues.

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

BOOKING ESSENTIAL via Eventbrite:

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

Activities for Carers' Week in June

Carers' week is 11th – 17th June and there will be a range of events for carers around the county. Action for Carers Surrey will be having stands in various different places over the course of the week as well as holding other events. For details of what is happening in your area, see local Action for Carers newsletters here: <https://www.actionforcarers.org.uk/news/newsletters/>

NAS Resource Centre Workshops

The professionals at the NAS Resource Centre are running a series of free workshops for parents and carers of children and young people with autism, both before and after diagnosis.

7th June – Visual Supports, Godalming

28th June – Supporting your child with transition stages at school – Godalming

4th July – Understanding & Managing Behaviour – Leatherhead

All workshops run from 10.30am – 1.00pm

PLACES MUST BE BOOKED IN ADVANCE. Email SeResourceCentres@nas.org.uk or call 01483 521744.

Book Early for Discounted Rate for Branch Conference

A reminder that the **Earlybird discounted rate for our Branch conference ends on 31st July** – until that date, the cost of tickets is £35 for parents/carers and people with ASD and £65 for professionals. From 1st August, bookings will be charged at the full rate of £40 for parents/carers and people with autism and £70 for professionals.

The NAS Surrey Branch conference will be held at the University of Surrey in Guildford on Saturday 29th September with the theme ‘Autism In The Family’. In the morning, we will hear from **Anna Kennedy and Dr Joshua Muggleton**. Anna is the mother of two sons with autism who are now adults. In 1999, after her sons had been turned away by 26 schools, she set up her own school, Hillingdon Manor, for pupils with autism and has since set up a second school and a college for students with autism. She will talk about how autism has affected her family and what advice she would give other parents and professionals.

Our other morning speaker is Dr Joshua Muggleton. Joshua is a clinical psychologist working with children with autism and learning disabilities, who has autism himself and also has three siblings on the autistic spectrum. He is the author of “Raising Martians – from crash landing to leaving home: how to help a child with Asperger syndrome or high functioning autism”. Joshua will talk about his experience of having autism and growing up in a family of four autistic children, and he will also speak as a psychologist about how professionals, parents and other family members can help people with autism.

In the afternoon, you can choose to attend two different talks from a choice of five topics:

- Supporting siblings of children with autism;
- Young people transitioning to adult services and parents “letting go”;
- School and home – parents and school staff working together
- Behaviour management
- Couples where one or both partners have autism

For full details and a link to the booking site go to

<http://www.nassurreybranch.org/conference-2018-1.html> or email conference@mugsy.org for a paper booking form or with any queries.

Transition Focus Groups for Parents of 14 – 25 Year Olds

We are hosting two Parents Forums about transition to adult services to enable parents of young people with autism aged 14 – 25 to give their feedback about the Transition process, i.e. the move from children’s services to adult services.

It is not a talk – the professionals from Surrey County Council’s Transition Service will be coming to listen to your views. They want to hear what your experience has been of the process so far, and what kind of services and support your young people want as they become adults.

Two meetings have been arranged, one in the morning and one in the evening, one in Woking and one in Dorking – so that we hope that everyone, or almost everyone, will be able to get to one of the meetings. The details are as follows:

- **EVENING: Woking - Monday 11th June, 7.00pm to 9.00 pm**
- **MORNING: Dorking - Thursday 21st June, 10am to 12noon**

Please let Sara Truman know which meeting you would like to attend by email, nas@mugsy.org or calling 07423 435413. If you are unable to come to either, you are encouraged to give us your feedback by email which we can pass on.

Early Opening for Children with ASD at Brooklands Museum

Brooklands Museum in Weybridge will be hosting an Early Opening for families with children on the Autism Spectrum on **Sunday 10th June from 9-10am**.

The award-winning Aircraft Factory exhibit will open exclusively with reduced sound and lighting, and attendees can then explore the rest of the Museum facilities when it opens from 10am. Brooklands is offering reduced admission prices of £6 per Child and £12.50 per Adult, with adult carers admitted free of charge

Places must be pre-booked by emailing virginiasmith@brooklandsmuseum.com. For general enquiries, call 01932 857381 ext 258 or email learning@brooklandsmuseum.com.

NAS Schools Exclusion Service

The NAS School Exclusions Service provides information and advice for parents of autistic pupils who are either at risk of exclusion or have been excluded from school or college. It aims to help parents and schools work together, to overcome the barriers to inclusion and ensure that pupils' needs are met, thus reducing the number of autistic pupils excluded from schools.

The NAS School Exclusions Service (England) offers advice and information on all aspects of school exclusion in England. This includes advice on:

- Informal (illegal) exclusions;
- Fixed-period and permanent exclusions;
- How to challenge your child's exclusion;
- What you can do if you are concerned that your child is at risk of exclusion;
- Exclusion from school clubs and trips.

To find out more or to request a phone appointment email schoolexclusions@nas.org.uk or call 0808 800 4002 and leave a message (free from landlines and most mobiles).

Surrey EHCP Outcomes Survey ('POET')

SEND Surrey is running a survey to find out how Education, Health and Care Plans (EHCPs) are working in Surrey. This is your chance to give your feedback on a short questionnaire <http://www.surreylocaloffer.org.uk/poet> (paste into your browser).

Called The POET survey ('Personal Outcomes Evaluation Tool'), it is a quick, tick box questionnaire that asks how EHCPs are working and whether they are making a difference to children and young people's lives. There is a space at the end to have your say with any additional feedback. There are three different questionnaires: one for young people, one for parents or carers and one for SEND practitioners. The results from the survey will be used to shape and improve the service that Surrey provides.

Safe Space for Young People With Mental Health Worries

The CYP Haven in central Guildford is a safe space for children and young people aged 10-18 where they can talk about worries and mental health in a confidential, friendly and supportive environment. It is not an autism-specific service.

It offers a range of workshops on topics such as self-esteem, and young people can turn up without an appointment. The staff will help visitors access the right service if necessary, or can just offer a chance for young people to relieve some of their anxieties and get advice on coping mechanisms. <https://www.cyphaven.net/>

NAS SURREY BRANCH CALENDAR June - July 2018

NAS Surrey Branch local meetings are a great way to meet up with other families who understand autism to share experiences, find out information and seek support. Please always contact the volunteer host before going along to make sure nothing has changed. Most meetings run during term-time only.

If you can't see a meeting in your area, why not host one yourself – it's a great way to get to know families in your local area. To find out more, contact Sara Truman at info@nassurreybranch.org

Dorking – Mum's group social evening in June: 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 11th June 9.15 – 11.30 a.m.
- Mon 9th July 9.15 – 11.30 a.m.
- Mon 17th Sept 9.15 – 11.30 a.m.

Godalming – Costa Coffee, 74 High Street, Godalming GU7 1DU

Contact: Lizzie Reszowski numpadzo@hotmail.co.uk tel: 07748 645466

- Mon 25th June (***NB: date changed from last newsletter***)

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

Contact Sara Truman nas@mugsy.org 07423 435413

- Fri 8th June 10.00 a.m. – 12 noon (***NB: date changed from last newsletter***)
- + July Mums group evening meeting – see *next page* for details

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

Contact: Juliette Sturge email: juliettesturge@gmail.com

- Fri 15th June 2.00 p.m. – 3.15 p.m.

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

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

- Next meeting autumn term, date TBC: 7.30p.m.

Oxted - morning and evening venues, ask contact for details

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

- Tues 26th June 10.00 am . – 12.00 noon

Redhill – In a member's home

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

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

Weybridge – Mum's group evening in June: see *next page for details*.

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

Contact Sarah Norris sarah4ian@ntlworld.com 07543 920917

- Weds 6th June 10.00 a.m. – 12 noon

SPECIAL INTEREST GROUPS

Dads' Group – In a member's home

Contact Martin Trenaman trenamans@talktalk.net

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

- Friday 22nd June 8.00 p.m Venue to be confirmed.

Mums' Group Social Evenings – Weybridge, Dorking and Guildford

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

- Fri 8th June – Weybridge – Contact Fi Phippen f.phippen@talktalk.net 07377 549490
- Fri 15th June – Dorking – Contact Helen Trenaman trenamans@talktalk.net 01737 360069
- Mon 16th July – Guildford – Contact Sara Truman nas@mugsy.org 07423 435413

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.

- Fri 15th June 10.00 a.m. Woking
- Weds 11th July, 7.30 p.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 6th June - Camberley - contact Hilary Dyce 01276 66032 hilarydyce@yahoo.co.uk
- Thurs 5th July – Guildford – contact Sara Truman 01483 822630 nas@mugsy.org
- Date to be confirmed – Reigate contact Sara Truman 01483 822630 nas@mugsy.org
- Weds 1st August – Haslemere - contact Sara Truman 01483 822630 nas@mugsy.org

Spouses and Partners Group, Guildford

Contact Sara Truman 01483 822630 nas@mugsy.org

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

- Weds June 27th . 8.00 – 9.30 p.m
- Weds 25th July 8.00 – 9.30 p.m.

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Our Heartfelt Thanks

We are once again hugely grateful to members and supporters who have supported the Branch over the past few weeks.

- **Wheeler Street Nurseries and Customers** - who donated £100 for the branch.
- **Ian and Nicky Bush, and friends of the late Jaz Bush** - who are making very significant donations from events in Jaz's memory.
- **Camberley Tangent Group** - who donated £25 in thanks for a talk about work behind the scenes at Waitrose by Elliott Currie, General Manager of the Bagshot store.
- **Friends and family of Emma Whitfield** - who attended a fundraising Stella & Dot jewellery sale and raffle at her home, donating a total of £450.

Do remember that you can use easyfundraising to donate money every time you shop online AT NO COST TO YOU <https://www.easyfundraising.org.uk/causes/nassurrey/>

Art and Music Workshops for Children with ASD in London

Turtle Key Arts in London are running another of their successful 'Musical Portraits' workshops this summer, for 10-14 year olds with Autism who are interested in music and/or art. This year's event is targeted at people who have not attended before and is FREE for all participants.

The participants will use the portraits at the National Portrait Gallery as a stimulus to create their own music with professional artists, culminating in a sharing for family and friends.

Dates: Monday 30th JULY – Thursday 2nd AUGUST
Time: 11am – 3.30pm
Venues: National Portrait Gallery, St. Martin's Pl, London WC2H 0HE
St-Martin-in-the-Fields, Trafalgar Square, London WC2N 4JJ

For more details or to apply go to <https://www.turtlekeyarts.org.uk/mp>

Therapeutic Art and Photography Workshops in Surrey

The Bright And Light Group in Epsom, run by Branch member Simone Siddle, is holding Summer workshops for children and young people with ASD aged 9 and above.

Connections through Art - Workshop for Girls only
Tuesday 24th July 11.00-1.00

This will be a creative workshop where the group will use a variety of different art activities to find connections between one another. An easy and great way to make new friends at the beginning of the summer holiday.
Cost £45

Reflection through Photography
Tuesday 21st August

For those who feel anxious when going somewhere new, photography can really help to de-stress you, and make you aware of your surroundings in a whole new way. This workshop will give you an idea of how to use a camera to help you relax.
Cost £50

For details go to <https://brightandlightgroup.wordpress.com/autumn-workshops-2/>

Aladdin the Musical – ASD Friendly Performance 28th August

The West End musical Aladdin has partnered with The National Autistic Society to stage an Autism-Friendly Performance of the show at 1.30pm on Tuesday 28th August. This specially adapted performance has been designed to be suitable for people with autism, with trained staff on hand, and dedicated quiet and activity areas set up should anyone need to leave their seats.

Conditions are similar to those during a "Relaxed" performance, so may well be of interest to patrons with learning disabilities. There is a helpful video which explains it here <https://aladdinthemusical.co.uk/autismfriendly/>

The Prince Edward Theatre – the home of ALADDIN – is a recipient of the National Autistic Society's Autism Friendly Award.

Please note, there are enhanced security measures in place at the Prince Edward Theatre. There are more details on the Frequently Asked Questions page: <https://aladdinthemusical.co.uk/faq/>

Surrey to Bring in External Support for Children's Services

You may have seen a report in the news that Children's Services at Surrey County Council (SCC) have been rated as requiring immediate improvement by Ofsted.

In a report on the BBC website on 23rd May <http://www.bbc.co.uk/news/uk-england-surrey-44222117?SThisFB>, Council leader David Hodge is quoted as saying: "We fully accept there is a great deal for us to do to make sure we look after the children of Surrey." According to the article:

- Children's minister Nadhim Zahawi has appointed a children's commissioner to work in the county
- Hampshire County Council will assist SCC with developing early help work
- Essex County Council will help to review and restructure the multi-agency safeguarding hub, while Hertfordshire County Council will deploy its director of children's services to work in Surrey for two days a week to introduce a family safeguarding system
- A mental health expert will help address immediate problems with child and adolescent mental health services (CAMHS) and a new children's academy will train all staff working with children in agencies focusing on early help, safeguarding and looked after children.
- Surrey Heartlands Health and Care Partnership will lead a programme to support vulnerable children

You can read the report and see a video with Surrey's response via the Local Offer website <https://www.surreylocaloffer.org.uk/kb5/surrey/localoffer/site.page?id=T19Z1C-U474>

Short Breaks Survey by Family Voice Surrey

The parent participation group Family Voice Surrey is running a survey of people's experiences of using services funded by Surrey 'Short Breaks' following new contracts being awarded last November.

You can either submit your views via their Facebook page @FamilyVoiceSurrey and reply to the post on 21st May, or just email them at contact@FamilyVoiceSurrey.org. The information they are looking for includes:

- What services do you use?
- What is working well?
- What concerns do you have?
- Are there any changes that would improve your experience?

Do let them know of any changes to the services since the new contracts were issued and whether this has been a positive or negative for your family.

Resources for Families Using CAMHS

The NAS (national level) and Autism Alliance have joined forces to address issues about how children on the autism spectrum access community Child & Adolescent Mental Health Services (CAMHS).

Whilst a lot of the information is designed for professionals, there are some useful resources on the website for families:

- A checklist for families, children and young people who are being seen by CAMHS with questions you can ask the service to help understand the support you/your child will receive <https://www.autism-alliance.org.uk/resources/families/>
- A toolkit for young people with ASD called 'Know Your Normal' that lets them describe what 'normal' looks like to them and where any problems may lie. <https://www.autism-alliance.org.uk/resources/young-people-on-the-autism-spectrum/>

London Transport Museum SEN Early Explorer Mornings

The London Transport Museum is running two early morning weekend sessions for families with Special Educational Needs including ASD over the summer:

Saturday 27 July – MORNING 08:30am onwards (open to the general public from 10:00am)
Discover how much energy is needed to get around an obstacle course with a windup toy bus.

Saturday 25 August – EVENING 6.00pm – 7.30pm
Have a go at Challenge Stations to solve engineers' problems of the present...and future!

Contact the Museum bookings team on 020 7565 7298 or email bookings@ltmuseum.co.uk

Novel By NAS Surrey Branch Member

A Branch member has published a murder mystery called 'Care Trap' under the name Lucy Abelson. The book is set in Dorset and follows the story of an actress and her autistic daughter, who is in a care home. The book is completely fictional, but is set against a backdrop of mistreatment in a care home, so may not be for everyone. Available on Amazon.

Information for Adults

New NAS Adult Services

The NAS professional service in Godalming are looking to develop some new clubs for adults with autism, and would like to hear from people with autism or their parents/carers to find out what would be of interest. The sorts of things under consideration are:

- Breakfast clubs – these may be particularly beneficial for individuals cared for by parents at home, who could bring their family member to the centre on their way to work. The Breakfast clubs could also benefit those who need a long time to transition into daytime services.
- Supper clubs – individuals could be supported to make a light meal and sit with others to eat in a friendly and sociable environment.
- Evening groups – activities to be decided by those participating.
- 1:1 support sessions
- Modular learning programmes – modules chosen to suit individual needs
- Weekend day trips.

The above activities would all be on weekdays, but if there is demand, weekend outings could be arranged. If you or the person you care for would like to find out more, please contact Gemma Fry at NAS Adults Services in Surrey, email Gemma.Fry@nas.org.uk or call 01483 521747.

Surrey Supported Learning Free Open Day in Woking

Surrey Supported Learning is holding an open day to celebrate Learning Disability Week on Saturday, 23 June from 10.00am – 1.00pm at Woking Adult Learning Centre, Hoebrook Close, Woking, GU22 9PE. The days includes:

- Course demonstrations
- Have-a-go sessions
- Arts & crafts displays
- A chance to find out about courses starting in September 2018
- Free entry, parking and refreshments

You are welcome to bring your friends & family. Places must be booked in advance at <https://www.eventbrite.co.uk/e/supported-learning-open-day-tickets-45726804102?aff=efbeventtix>

YMCA Events for Learning Disability Week 18th – 24th June

East Surrey YMCA is running a range of activities throughout Learning Disability week in Redhill and Reigate. The packed programme includes taster sessions of activities including sports, gardening, arts and crafts and travel training for people with LDs. For details email john.brunswick@ymcaeast Surrey.org.uk or call 01737 222859.

Dramatize Showcase 30th June

Dramatize is a theatre company for people with learning disabilities and runs theatrical workshops, performances and events exploring different theatrical mediums. They work with a range of different levels of ability, providing care and support to ensure the theatre industry is accessible to all.

Dramatize is holding its annual showcase on Saturday 30th June at 2.30 p.m. at the Magna Carta Arts Centre in Staines. To book tickets or for more information about Dramatize, email info@dramatize.co.uk or call 07912 183085, or go to <http://www.dramatize.co.uk/>

Adult Social Care Online Assessment – Your Feedback Please

You may have seen in the last newsletter that Surrey's Adult Social Care service now offers an initial online assessment service to help people to see if they might be eligible for adult social services. It can be found by clicking on the "Adult Social Care Online" link on this webpage: <https://www.surreycc.gov.uk/social-care-and-health/care-and-support-for-adults/social-care-and-assessments>

This is a generic form to be used by anybody who might have a need for social care, so Surrey Adult Social Care would welcome feedback on how easy it is to use for someone with autism or their parents/carers. Send your feedback to info@nassurreybranch.org and we will pass it on.

Wholenotes Choir

The Wholenotes Choir is a community choir based in Guildford which wants to engage with as many adults as possible in Surrey who have autism, social anxiety/loneliness or a learning disability. It offers people the chance to try singing to help develop life skills and independent skills and alleviate loneliness. Research also shows that singing helps with breathing for those short of breath, as well as exercising your brain and helping with co-ordination.

The choir meets in Guildford every Tuesday afternoon during term-time from 1.30 – 2.30pm.

Upcoming Concerts:

Thursday 5th July (7pm) G Live – NHS 70 Surrey Choir Concert – The Choir will be singing in this concert – do book a ticket and come along.

Saturday 14th July (doors open at 5pm) – Brooklands Motor Museum. The Choir will be singing in a world premiere with orchestra and 600 singers. It is a music, art and drama festival evening (finishes around 8.30 pm). Bring the family and a picnic.

Wholenotes choir is **also looking for helpers** and is holding a workshop on Tuesday 12th June for anyone interested in becoming a volunteer or singing leader of SEND choirs:

Guildford: 1.15 - 2.30pm

Camberley: 7.00 – 8.30 p.m.

For further information about any of these events, please contact Alison Wrigley – tel: 07902 051794 or email: info@wholenoteschoir.co.uk. Facebook: [Wholenotes Community Choir](https://www.facebook.com/WholenotesCommunityChoir).

Study into the Effect of Drumming on People with ASDs

Kings College London are looking for volunteers with an autism spectrum diagnosis, aged 16-20, to take part in a study that will investigate whether learning to play the drums is helpful for building brain connections in autism. Please note, the drum kits are electronic, with adjustable volume, so should be suitable for all sensory needs. Taking part in the study will involve learning to drum for half an hour three times a week over eight weeks in Denmark Hill, SE London. You will also be asked to have two MRI scans. You will receive financial compensation for your time, and funding for food and travel expenses.

Please contact Marie-Stephanie Cahart at marie-stephanie.cahart@kcl.ac.uk tel: 07387 678070 for details.

Research Request: How Sensory Sensitivities Affected Life at School

Ursula Pool, a PhD researcher in the Department of Psychology at Durham University, is running a research project to explore how sensory sensitivities affected life at school and learning for people on the Autism Spectrum. She is particularly looking for input from adults with ASDs.

She and her fellow researchers are gathering insights from teachers, parents, and adults on the Spectrum through an online survey, which should take no longer than 15 minutes to complete. Almost 30 parents and teachers have completed this questionnaire so far but they are struggling to hear from adults (especially women) on the Spectrum. The team is very keen to ensure that everyone's experiences are represented as these responses shape the type of research questions they ask and will feed into possible training and workshops for schools.

- Adult with Autism Survey- <https://durham.onlinesurveys.ac.uk/sensoryclassroom-adult>
- Parent of child with Autism- <https://durham.onlinesurveys.ac.uk/sensoryclassroom-parents>

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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