



Newsletter

Welcome to the December/January issue of Surrey News

In this issue:

- Parents' Cygnet course – page 4
- Talks on EHCPs – page 3
- ASD awareness for Dads – page 4
- Event for teens – page 5
- Surrey's adult autism & LD strategy – page 8
- Employment support – page 9
- Meeting report on O.T. – page 6
- Next branch meeting: give your views on Surrey's adult autism & LD strategy. Guildford, January 26th – p 11

Please note – there is no Branch talk in December.

Do you know of any suitable venues for NAS Surrey Branch events?

We are hosting various seminars, parent programmes and talks in the coming months and hope to add many more during 2016. However, we constantly struggle to find suitable venues. If you know of a reasonably priced venue suitable for seminars and talks for groups from 12 – 40 that is close to public transport and has plenty of parking, please do me send the details.

We also need additional helpers for our events coming up, so if you can help with admin or help out on the day at larger events such as ice skating, please do get in touch.

If you've not already done so, do sign up for our online forum via our web site www.nassurreybranch.org to keep up to date with news.

Emma

Emma Whitfield
Chair (volunteer)

NAS Surrey Branch

Tel: 07423 435 413

General Email: info@nassurreybranch.org

Web site: www.nassurreybranch.org

Twitter: [@NASSurreyBranch](https://twitter.com/NASSurreyBranch)

Donations: www.justgiving.com/nassurreybranch

Accept difference. Not indifference.

NAS Surrey Branch Contacts

Branch officer:

Emma Whitfield 07423 435413
emma@mugsy.org

Treasurer:

Haywood Drake 01483 457646
bobdrake357@btinternet.com

Information officer/web site:

John Muggleton 01483 872683
john@mugsy.org

Branch Membership:

Nancy Rowell 01252 514708
membership@mugsy.org

Events:

Sarah Mead 01483 454245
sarah_mead@hotmail.co.uk
Emma Searle 07816 127630.
ephillpotts@gmail.com

Deputy Branch Officer / Adults:

Sara Truman 01483 822630
nas@mugsy.org

Branch libraries:

West: Haywood Drake 01483 457646
bobdrake357@btinternet.com
East: Jenny Lawson 01342 314801
jenny.lawson73@gmail.com

North Surrey

Eileen Bruce 01932 225379
evbruce@hotmail.co.uk

South East Surrey:

Helen Trenaman 01737 360069
trenamans@talktalk.net

Parents of Girls' Group

Rachel Pearson 01483 727378
racheldpearson@gmail.com

Fathers' Group:

Martin Trenaman 01737 360069
trenamans@talktalk.net

Parents of Adults' Group

Hilary Dyce 01276 66032
hilarydyce@yahoo.co.uk

Fundraising

Sarah Mason 07973 379131
slmason78@gmail.com

Other Useful Contacts

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

NAS web site: www.autism.org.uk. For personalised information go to

www.autism.org.uk/signpost.aspx

NAS Helpline: Tel: 0808 800 4104 (10am – 4pm), or email autismhelpline@nas.org.uk (replies within 14 working days)

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

Education Support

NAS Education Rights: 0808 800 4102

Surrey Parent Partnership: 01737 737300

<http://www.surreyparentpartnership.org.uk/>

SOSISEN charity to support statementing, tel: 020 8538 3731, Web: www.sossen.org.uk

Family Support & Representation

NAS Family Support worker - for families with at least one child in mainstream education

Tessa.emery@nas.org.uk, tel: 07436 261163.

NAS Parent-to-Parent line 0808 800 4106

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

Family Voice Surrey

www.familyvoicesurrey.org

Local parent programmes

Early Bird (parents of under 5s) / **Cygnets**

(parents of children aged 5 – 18). Vicky Jones training@linden-bridge.surrey.sch.uk
Tel: 07747 595 155

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

Activities for children and young people

NAS Resource Centre, Godalming Tel: 01483 521743

SEResourceCentres@nas.org.uk

interAKtive, Epsom-based charity for children with ASDs and other communication difficulties 07876 762178, www.interaktive.org.uk

Adult Services

Surrey Adult social svcs: 0300 200 1005

NAS Surrey Service Tel: 01483 861600,

email: surrey.service@nas.org.uk

Employment Support

Employability for people with learning disabilities/ASDs tel: 01483-519690, email:

employability@surreychoices.com

Benefits advice

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

NAS Tips page – via autism.org.uk

Cerebra DLA guide: 0800 328 1159

About 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, email emma@mugsy.org for a membership form.

If you are a member of the NAS at national level, you can nominate us as your branch by emailing supportercare@nas.org.uk, which means we receive a percentage of your annual subscription.

*We're part of **The National Autistic Society**, a national charity founded by parents in 1962 which runs a wide range of services such as schools, clubs and adult centres. It has over 20,000 members, 100 branches and works in partnership with more than 50 local autism societies. The NAS exists to champion the rights and interests of all people with autistic spectrum disorders and to ensure that they and their families receive quality services appropriate to their needs. **National Autistic Society, 393 City Rd, London EC1V 1NG www.autism.org.uk. The National Autistic Society is a registered charity, number 269425. Company limited by guarantee number 1205298.***

The views expressed in Surrey News are not necessarily those of the National Autistic Society, and reference to specific services or approaches to autism does not imply endorsement. All material is copyright Surrey NAS and cannot be reproduced without permission.

Talks on EHCPs

We are hosting two talks by Wendy Jenkins of Core Assets designed to help parents to understand what is involved as their child transfers from a statement to an Education, Health & Care Plan (EHCP). The talks will also be useful for families looking at applying for an EHCP for the first time.

Walton-on-Thames

Time: 9.30 – 12pm

Date: Weds 3rd February

Venue: Meeting Room, Travel Lodge, Ashley Park Avenue, Walton-on-Thames KT12 1JP

Redhill

Evening talk - details to be confirmed – please see web site and online forum for details.

The talk will last for around two hours and will be followed by a chance for parents to meet with one another informally after the presentation.

Core Assets is the organisation that has been commissioned by Surrey County Council to provide Independent Support to parents during the introduction of EHCPs. An independent supporter will work with you if you are new to the EHCP process, transferring from a statement of special educational needs or a Learning Difficulty Assessment. You can find out about how you can self-refer for support with issues around an EHCP by contacting Core Assets on Tel. 0800 028 8455 or emailing ISreferrals@coreassets.com

Dad's group meeting

The NAS Surrey Branch Dads' group meets four or five times a year to offer mutual support, share information and to generally socialise. The group meets on Friday evenings, usually in members' homes, but sometimes to have meals out. The next meeting is the "Christmas" meal out on Friday 15th January. Please contact Martin Trenaman at trenamans@talktalk.net if you would like to join the group and come along.

ASD awareness for Dads

Linden Bridge is running another of its five-week courses designed for fathers of children with ASD to provide greater understanding about the approaches needed to support their child or young person with autism and the family. The course is being run by Mark Brown who has over 30 years experience working with people with special needs.

Training will take place at Linden Bridge School, Worcester Park on 14th, 21st & 28th January and 4th & 11th February – from 6.30– 8.30pm. Cost is £65 per delegate.

Contact Vicky Jones on 020 8330 3009 ex. 237 or email her at courses@sendteachingschool.co.uk for more information or for a booking form.

Save the Date - NAS Surrey Branch Ice Skating

Our ever-popular ice skating event will be on the afternoon of Saturday 4th June at Guildford Spectrum.

For those who haven't been before, we take over the whole ice rink, turn off all the loud music and flashing lights and just give children with ASDs, siblings, adults on the spectrum and parents all have a fun time on the ice. We will once again be holding this in conjunction with interAKtive, a charity offering activities and support for children with autism and their families.

There will be a booking form and more details in the next newsletter.

Autism-friendly performance of Wicked

The National Autistic Society is joining forces with the award-winning musical Wicked, at the Apollo Victoria Theatre, to bring you the first Autism Friendly Performance of the show on 14th May 2016. You can book online here <https://secure1.atgtickets.com/WEB/PAGES/EntaWebShow/ShowDatesCombo.aspx>

Cygnets course in Redhill/Reigate in March

We will once again be hosting a two-day Cygnets seminar for parents of children with ASDs (with or without final diagnosis) aged 5 – 18. The seminar will run in the Redhill/Reigate area on 2nd and 3rd March (venue TBC).

Cygnets courses have been designed by Barnardos to meet the needs of parents of children aged 5 – 18 and aim to:

- Increase understanding of autistic spectrum conditions
- Help parents / carers develop their knowledge of how a child on the spectrum experiences the world and what drives their behaviour
- Learn about practical strategies to use
- Find out about relevant ASD resources
- Let parents / carers meet to gain support and learn from each other.

Topics covered include

- Autism & diagnosis
- Communication
- Sensory issues
- Understanding behaviour
- Managing behaviour

The course is delivered by experienced SEND Education Consultant Elizabeth Waters and is free to parents, thanks to a generous donation from Horley Lions.

Booking will open in January 2016 - please look out for details on our online forum and web site

www.nassurreybranch.org Thanks to generous support from the Horley Lions charity, we are able to offer this two-day event to parents / carers for free.

* * * * *

Surrey CC funds 6-week and 2-day Cygnets courses which are run by the training team at Linden Bridge School. Our understanding is that all the courses running in early 2016 are fully-booked, but to find out about availability in your area, contact Vicky Jones at training@linden-bridge.surrey.sch.uk.

Talks on Benefits and Anxiety in Walton

Elmbridge Carers' Support is running two talks which may be of interest to members:

- **Tuesday 9th Feb** - Benefits training. Venue: Burhill Children's Centre
- **Monday 16th April** - 'Anxiety' delivered by CAMHS (venue TBC).

For details or to book a place, contact Anne Hubble, Parent Carer Support Worker, Carer Support Elmbridge Tel 0203 757 7234, email: ahubble@carersupportelmbridge.org.uk (please note, she works Mon – Weds).

Carers' Support organisations are a great place to get information and meet with other families that care for someone with special needs, learning difficulties or disabilities. There is a Carers' Support organisation in each borough, with East Surrey Carers covering Tandridge and Reigate and Banstead. Many also have activities for young carers who have a sibling with special needs. Full details can be found at <http://www.actionforcarers.org.uk/getting-help/support-near-you/>.

National Survey on experiences of EHCP

POET (Personal Outcomes Evaluation Tool) is a survey designed to gather the experiences of parents and young people with an EHCP and show how different local authorities have performed in transferring children and young people to the new system.

The survey is being carried out by a charity called In Control with Lancaster University and is part-funded by the Department for Education.

There are different surveys for children and young people; parents and practitioners. You can find links to all three surveys on Surrey's SEND Local Offer website <https://www.surreysendlo.co.uk/information/10-send-resources>

Branch Event for teens & young adults with ASDs

We are running a social event for up to 10 young people with ASDs aged 13 - 19 on the evening of **Saturday 30th January 2016** to give them the opportunity to meet some new people and watch an ice hockey game at Guildford Spectrum.

Unlike other NAS Surrey Branch events, this event offers young people the chance to be able to come along without support from parents or their own carers as we will be contracting support from the specialist SEN company Role Models <http://www.rolemodels.me/>. Please note, parents / carers will however need to be responsible for delivering and collecting their young person.

We will have exclusive use of a box at the ice hockey game on the evening, and a burger meal will be provided (or teens can choose to bring their own food.)

This offers a great chance for young people with ASDs to have a night out with others of a similar age. We are asking for a donation of £10 per person towards the cost of the box hire, food and support workers.

For more details and to reserve a place, please email emma@mugsy.org.

Dorking Support Group Suspended

We have suspended our Dorking group as we have had no attendees at the past two meetings and previous numbers have been very low.

If you believe that there is a demand for a meeting in the area, please let us know, including locations, times and format that you think would be of interest and we will certainly look at re-instating it.

Meeting report

Talk on OT - Guildford 26th November

Angela Wheeler, a team leader in the Specialist Paediatric Occupational Therapist service for NW Surrey, gave a really useful insight into how Occupational Therapy (OT) can help children and young people with autism. She began by stressing the importance of OT being integrated into everyday life – the point is to help people achieve tasks that are key to living such as dressing, learning, playing, eating etc, not to add additional chores. The official definition of what OTs do is “Assess and treat people using purposeful activity to prevent disability and develop independent function.”

OT can support children to access their environment; develop skills for play and school and learn to reduce the impact of limitations that their autism might otherwise impose. Occupational Therapists can help children with an ASD to achieve in their daily functioning whilst considering the challenges of:

- Flexible Thinking
- Anxiety
- Sensory differences
- Social Skills
- Language
- Motivation
- Physical tasks

Angela explained how OTs break down even seemingly simple (but often challenging) tasks like getting up, going to school, learning and getting ready for bed. For example ‘cleaning your teeth’ sounds like a single task, but in fact includes a vast number of skills which can all present challenges including:

- Standing at the sink
- Identifying the cold tap
- Turning taps on and off
- Finding the tooth brush
- Removing and doing up the cap
- Squeezing the tube
- Holding the toothbrush stable
- Brushing teeth – locating mouth, maintaining arm flexion, strength and endurance
- Tolerating the brush in the mouth

- Length of time to brush for
- Sequencing in the correct order

The key to functional performance is for a child or young person to learn and practice the elements of a task until they can achieve it.

Angela is very pragmatic and knows that most parents who have one or more children with ASD certainly don't have time to fit in extra activities during the day, so she is passionate about only offering OT that fits in to daily life.

So for example, if a child needs help to pull up his or her trousers to be able to get ready for school, there is no point in just improving the strength of their hand grip. They need to learn to actually pull up their trousers - and improved grip will come over time as a result. She explained that learning a task like this involves breaking it down, so an OT will explain the action (saying “pull”) and use strategies such as hand-over-hand guidance, visual sequences, reducing distractions and ‘backward chaining’ - where a helper will complete part of the task (such as pulling the trousers up as far as a child's knees) to help them ultimately to be able to complete the task themselves.

She offered useful strategies for parents and staff such as teaching assistants to help children with ASD to achieve everyday functional tasks:

Dressing: reduce distractions, use pictures, lay clothes out in the order of putting on, use ‘backward chaining’.

Eating: ensure feet are supported when sitting at the table, eat together, offer new foods on a separate plate nearby, involve your child in cooking (watching, mixing, handing your ingredients), reduce distractions, keep eating relaxed with praise for good eating.

Taking part in play or learning activities: include your child's interests e.g. drawing in a Thomas Tank colouring book, go large with mark making (a roll of wall paper on the floor / patio), include different textures (finger paints, flour) start with dry messy play and move onto wetter stickier textures gradually.

Occupational Therapy talk/*Cont'd*

Ways to help a child learn a functional task include:

Using visual strengths - backing up the spoken word with signs and symbols including PECS; making plans & lists and modelling a task before you ask them to do it.

Pointing out cues and using prompts- use naturally-occurring cues such as a bell ringing at lunchtime, green man at a pedestrian crossing, whole class sitting down quietly and looking at the teacher. Parents and TAs can add prompts such as "go and get your lunch box" as the bell is ringing.

Supporting Sensory Management – Angela stressed that if a child is becoming over anxious, you need to reduce language, voice level and tone.

Parents could try offering chillout / calm down time after school or an outing - a den or pop-up tent with pillows can be beneficial. She suggested giving a warning if your child finds touch difficult – this can be for hair brushing, giving a hug, teeth brushing - lighter touch is more irritating than a consistent firmer one. You can include calming activities as part of a routine: e.g drinking from a sports bottle: wearing a rucksack with a 'heavy' book in or giving firm hugs. Children can start to learn their own sensory management with activities such as trampolining, lying over a small gym ball or beach ball, rocking slowly or squeezing a squashy ball.

The goal is to make sure the child's state of alertness is not too high or too low, but at a level where they can achieve the functions for everyday life.

Angela's slides are available on our web site www.nassurreybranch.org.

You can read more about OT or find out about a specific therapist through the College of Occupational Therapy <https://www.cot.co.uk>.

News & Information for Adults

Positive Care in LDs conference

Surrey and Borders Partnership NHS Trust is holding a conference on Wednesday 16th March on Positive Care in Learning Disabilities: Innovations and Technologies. It will be looking at progress under the Transforming Care initiative – the programme to improve services for people with learning disabilities/autism and challenging behaviour, in the wake of the abuse at Winterborne View.

The conference is being held in Leatherhead from 9.30 – 4.30 and will include interactive sessions demonstrating new technologies.

Presentations include:

- Transforming Care – the journey so far and what next.
- Intensive Support – a new way forward
- Health services for people with LDs – what does the Care Quality Commission look for?
- Translating the national context into local services.
- Positive and Proactive Support Plan - improving quality of life and reducing restrictions for individuals
- Using low and high tech Augmentative and Assistive Communication
- How environmental change alone can be an intervention for people with autism and learning disability.

The presentation on environmental change will be given by Dr Raja Mukherjee, who leads the adult autism diagnostic service in Surrey.

Places at the conference cost £25 and will be allocated on a first-come, first served basis. For more details and booking forms contact Lorraine Adams. Email Lorraine.adams@sabp.nhs.uk tel: 01372- 216267.

Surrey's Adult Autism and LD Strategy

Surrey County Council has produced the draft of its new strategy for supporting adults with learning disabilities or autism.

The strategy is based on the principles that people with learning disabilities or autism should:

- Have choice and control over their care
- Live in the community with support from family and carers
- Have a fulfilling and purposeful everyday life
- Get good care from all health services
- Access extra health and social care support when needed
- Be supported to stay safe

Information about the strategy will be on the Learning Disability Partnership Board website from around 7th

December: <http://www.surreypb.org.uk/> and will include:

- An Easy Read guide to what the Strategic Goals mean in practice.
- A more detailed bulletin outlining the strategic goals, the context of the strategy and information about the Transforming Care Social Model.
- A very detailed information pack explaining the strategic goals in much more depth.
- Details of how people can give their views about the strategy.

There will also be links to online surveys people with LDs/ASDs can complete about their lives, with Easy Read or words only versions for people with learning disabilities, and a more detailed survey for family carers and support staff. The surveys will be used to help finalise the strategy and judge its progress.

We are holding a meeting on Tuesday 26th January in Guildford when people can hear more about the strategy and give their views about it. See page 11 for details.

'Artventure' in Guildford

Artventure Trust, a registered charity based in the grounds of St Peter's School in Guildford, runs workshops in the visual arts (drawing, painting, modelling, textiles, ceramics) for adults with learning difficulties. They have their own purpose-built studio, and run during term-time five days a week.

The sessions are from 9.30am until 2.30pm, and participants bring a packed lunch. In a typical session they will have two to four staff (including some volunteers) and six to eight participants. The paid staff are professional artists, so they are equipped to help bring out the best from the participants.

As well as the regular term-time sessions they run workshops in some holidays on a specific theme. Some people, not regular participants, just go for those workshops. Participants need to arrange their own transport to and from the Studio. Some people bring a carer with them, as Artventure are not able to handle very special needs. But all participants remark on the special relaxed and caring atmosphere whilst they do their creative work. For more information call 01483 304884 or go to <http://www.art-venture.co.uk/>.

Y Mania Snowball nightclub

On Weds 16th December, East Surrey YMCA are running a nightclub for adults with learning disabilities in Redhill, from 7.00 p.m. – 10.30 p.m. Tickets are £5.50 if bought in advance or £7.50 on the night – they advise that there may not be any tickets available on the door so it is strongly recommended that you buy your tickets in advance.

Carers/support workers are admitted free and there will be a cash bar. All those attending must be over 18, and ID will be required. For more details or to book your tickets, contact Katie Gatt, tel: 01737 779979 or email katie.gatt@ymcaeastsurrey.org.uk.

Employment Support Services in Surrey

In October, we hosted a one-day workshop for parents to help them understand how they can support their young person with ASD towards finding paid or voluntary employment. We will be hosting other courses early in 2016.

The course was delivered by AS Mentoring, an independent company offering specialist coaching and mentoring for people with Asperger Syndrome / high-functioning autism. As part of the information, the trainers gave parents a useful summary of support to help people with ASDs find work:

EmployAbility – Surrey’s Supported Employment Service

EmployAbility is part of Surrey Choices and supports people with learning difficulties, autism or other disabilities to enter into meaningful part time or full time, paid employment. EmployAbility also have a team who assist school leavers with disabilities as they move into further education or employment. It is not an ASD-specific service and is only open to people who are eligible for adult social care.

Job Clubs

EmployAbility runs drop-in Saturday morning job clubs in Woking and Redhill (term time only) offering information, advice and guidance. People can get advice about finding work, help with writing job applications, practice doing job interviews, details about work-related benefits and other information. The job clubs are open to anyone although they are aimed mainly at young people with ASDs age 16 – 24 and their parents, although those younger and older, and with other disabilities, are also welcome. The job clubs run on Saturday mornings from 10.00 am to 12.00 noon in Redhill and Woking, during term-time. Email for more details of what is available.

National Autistic Society

Employment Skills Course

This is held at the NAS resource centre in Godalming on Monday and Thursday afternoons. The group sessions aim to

provide the knowledge to understand all the steps required in getting a job.

These include workplace relationships, interview skills, CV writing, job searching and coping strategies when difficulties arise in the workplace.

Places at the sessions can be paid for via Adult Social Care funding if the person is eligible, or can be self-funded.

Contact: Gemma Fry 01483 424894

Email: gemma.fry@nas.org.uk

ASSIST (Asperger Signposting, Support & Information Services Team) Service

This service offers over-16s on the Spectrum a 45 minute 1:1 consultation with a support worker. Sessions can be used to discuss any topic around the individual’s disability, including employment support. The service can be accessed via a self-referral to the Godalming Resource Centre. Available in Godalming and Reigate, or by telephone/online.

Contact: Bettina Stott, Assist Co-ordinator, 07899 935518, email bettina.stott@nas.org.uk, www.autism.org.uk/surrey

Socialeyes Course

Socialeyes is an innovative approach to learning social skills and developing social understanding for people on the autism spectrum and is primarily suitable for people with Asperger Syndrome / high-functioning autism.

Godalming Day Services run a 6 week course which uses role play to help people practise and explore social scenarios to learn independently.

Contact: Stephen Turner

Tel: 01483 869 558 Email:

stephen.turner@nas.org.uk

NAS Employer Factsheets

The NAS have published a number of useful factsheets on their website to which you can refer a potential employer.

The factsheets cover:

Employment Support Services in Surrey /Cont'd

Managing someone with autism

<http://www.autism.org.uk/working-with/employment-services/support-for-employers/managing.aspx>

Recruiting someone with autism

<http://www.autism.org.uk/working-with/employment-services/support-for-employers/recruitment.aspx>

AS Mentoring

AS Mentoring is developing its services in Surrey and offers:

1:1 Pre-employment Support

Advice and guidance sessions with a designated consultant which are personalised to meet individual needs. Common areas covered include CV preparation, understanding employer requirements, drafting cover letters, identifying suitable job opportunities, completing job applications, interview preparation, and interview support.

Workplace Support (and Student Support mentoring)

Support and guidance in the workplace to help people to develop strategies to cope more effectively at work and improve communication, organisational & social skills. They can also advocate/ mediate for clients in communicating with their employer (line manager, HR personnel, colleagues etc).

1:1 Mentoring

Closely-tailored programme of support to help people make positive changes in areas of life which are currently problematic. People can self-fund or may possibly be eligible for funding through Access to Work; Student Finance England (for student support); Social Services or Mental Health Services. AS Mentoring can help with seeking funding.

Contact: Rachel Pearson, 07974 630895, email enquiries@asmentoring.co.uk

Job Centre Plus

JobCentre Plus provides employment advice, and information on employment-related benefits and Access To Work grants. You can request to see or get

support from a Disability Employment Adviser. For more information go to <http://www.jobcentreguide.co.uk/jobcentre-plus-guide/34/disability-employment-advisors>

Surrey Supported Employment Fund (Community Foundation for Surrey)

This Fund aims to support people with disabilities or mental ill health to overcome barriers to work. Grants have supported individuals to obtain or renew necessary accreditations and memberships of recognised professional bodies, to undertake specific work related training, to purchase work equipment or meet other set-up costs for individuals becoming self-employed, and to purchase suitable clothing and to meet travel costs where this was a barrier to individuals accessing interviews, work placements and employment.

Contact: Community Foundation for Surrey, Tel: 01483 478092

or go to <http://surreycommunityfoundation.org.uk/SSE>

Advocacy, and Self Advocacy Groups

Surrey Disabled People's Partnership (SDPP) offers advocacy support, including advocacy for job interviews. They also run self-advocacy groups for people with Asperger Syndrome / high functioning autism which meet twice monthly from 7.00- 9.00 p.m., on Wednesdays in Camberley and on Mondays in Reigate.

Contact: Mary Goodman at SDPP on 0300 030 7333 email:

advocacy@sdpp.org.uk

Web:<http://www.sdpp.org.uk/services/advocacy.php>.

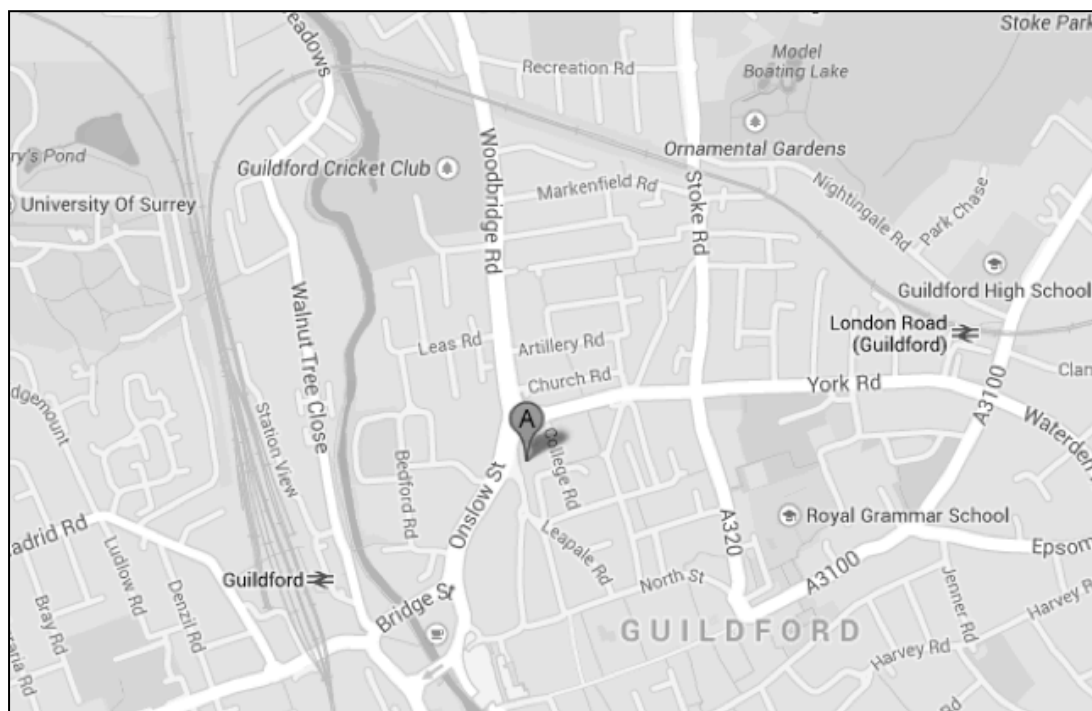
AS Mentoring also provided examples of young people with ASDs or learning difficulties who had made a video CV to give to prospective employers. You can view them here:

<https://www.youtube.com/watch?v=hjzQOtLvJtg>

<https://www.youtube.com/watch?v=3kUcySMY6s0>

Forthcoming Meetings

All our talks start with coffee at 7.45 with a chance to view our extensive libraries of books and chat to other parents and NAS Surrey Branch volunteers. The talks start at 8.00pm and usually last an hour and a half, including a chance for you to ask questions.



Tues 26th JAN 2016 - GUILDFORD

St Saviours Church, Woodbridge Road, Guildford GU1 4QD.

See map or go to <http://bit.ly/1YBQr7R>

Surrey's Adult Learning Disability and Autism Strategy

Speaker: Tom Moore, Commissioning Manager, East Surrey & County Autism Lead, Surrey County Council Adult Social Care

This meeting offers Surrey residents the chance to learn about the county's new draft strategy for supporting adults with learning disabilities or autism. Tom Moore will explain what is in the new strategy and there will then be an opportunity for people to give their views about it.

For more information about Surrey's Adult Autism Strategy, see page 8.

* * * * *

FEBRUARY 2016 - Redhill

Date TBC

Education Health & Care Plans

Speaker: Wendy Jenkins, Core Assets Independent Support

Our Redhill talk in February will be a presentation by Core Assets on transferring to, or applying for Education Health & Care Plans. See the article on page 3 for details – the date and venue will be published shortly on our online forum and on our web site.

NAS SURREY BRANCH CALENDAR DEC 2015-FEB 2016

Please always email or call ahead of our meetings make sure nothing's changed.

DECEMBER

Friday 4th 10.00am Guildford
SUPPORT GROUP Sara Truman
01483 822630 nas@mugsy.org

Monday 7th 9.15am Frensham
SUPPORT GROUP
Christine Malik 07941 121395
or Bonnie Noyce jbnoyce@yahoo.com

Monday 7th 8.00pm Guildford
PARENTS OF GIRLS GROUP SOCIAL
Rachel Pearson 01483 727378
racheldpearson@gmail.com

Weds 9th 10.00am Woking
SUPPORT GROUP Sarah Norris
07543 920917 sarah4ian@ntlworld.com

Thursday 10th 10.00am Ewhurst
SUPPORT GROUP Lucy Tosh
07968 948513 Lucy@lucytosh.co.uk

Sunday 13th 4.00 – 6.00pm Woking
CHILDRENS' CHRISTMAS PARTY
[Sarah Mead sarah_mead@hotmail.co.uk](mailto:Sarah_Mead_sarah_mead@hotmail.co.uk)

JANUARY 2016

Thursday 7th 7.30pm Farnham
PARENTS OF ADULTS GROUP Hilary Dyce
01276 66032 Hilarydyce@yahoo.co.uk

Friday 8th 2.00pm Hinchley Wood
SUPPORT GROUP Juliette Sturge
07703 287120 juliettsturge@gmail.com

Monday 11th 9.15am Frensham
SUPPORT GROUP Christine Malik 07941
121395 / Bonnie Noyce jbnoyce@yahoo.com

Weds 13th 10.00am Woking
SUPPORT GROUP Sarah Norris
07543 920917 sarah4ian@ntlworld.com

Thursday 14th 9.15am Chertsey
SUPPORT GROUP Emma Whitfield
07423 435413 emma@mugsy.org

Friday 15th 8.00pm Venue TBC
DADS GROUP Martin Trenaman
trenamans@talktalk.net

Friday 15th 10.00am Guildford
SUPPORT GROUP
Sara Truman 01483 822630 nas@mugsy.org

JANUARY 2016/cont'd

Friday 15th 10.00am Oxted
SUPPORT GROUP
Lisa Sawyer lisamsawyer@yahoo.co.uk

Friday 15th 8.00pm Venue TBC
DADS GROUP Martin Trenaman
trenamans@talktalk.net

Weds 20th 10.00am Woking
PARENTS OF GIRLS GROUP
Rachel Pearson 01483 727378
racheldpearson@gmail.com

Thursday 21st 10.00am Ewhurst
SUPPORT GROUP Lucy Tosh
07968 948513 Lucy@lucytosh.co.uk

Thurs 21st 10.00am Redhill
SUPPORT GROUP Helen Ruffhead
01737 212043 h.ruffhead@ntlworld.com

Thursday 21st 7.30pm Reigate
PARENTS OF ADULTS GROUP
Sara Truman
01483 822630 nas@mugsy.org

Friday 22nd Haslemere
SUPPORT GROUP Fiona Bowring
Fiona Bowring 07729 024040
timandfiona@btinternet.com

Tues 26th 7.45 for 8.00pm Guildford
TALK: Surrey Adult Autism Strategy Consultation - St Saviour's, Woodbridge Road, Guildford. Sara Truman
01483 822630 nas@mugsy.org

Weds 27th 7.30pm Milford
**** NEW SUPPORT GROUP****
Cullum Centre, Rodborough School
Sue Briggs Home School Link Worker
sbriggs@rodborough.surrey.sch.uk
01483 411100 x185

FEBRUARY 2016

Weds 3rd 9.30 – 12noon Walton
TALK on EHCPs by Core Assets.
Emma Whitfield 07423 435413
emma@mugsy.org

Weds 3rd 7.30pm Camberley
PARENTS OF ADULTS GROUP
Hilary Dyce 01276 66032
Hilarydyce@yahoo.co.uk