Welcome to the Feb-March19 issue of Surrey News

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

The last fortnight has seen workshops being held all over Surrey to consult about Child and Adolescent Mental Health services (CAMHS). At the same time, a separate set of meetings for parents/carers was being held about the Special Educational Needs system in Surrey. Unfortunately, both of these consultations were announced after our last newsletter was published, so some people will not have been aware they were happening.

We always send out important information that arrives too late for the newsletter on our email forum, the Yahoo group “Nassb”, so if you are not a member of the forum I do recommend that you join by completing the form on our website www.nassurreybranch.org

There are two other good ways to keep up with important news for parents/carers of children with special needs. One is to sign up for the Surrey SEND newsletter via the Council’s ‘Surrey Local Offer’ website: https://www.surreylocaloffer.org.uk/, the other is to join the mailing list for Family Voice Surrey, the independent charity which represents families of children and young adults with any kind of disability: https://www.familyvoicesurrey.org/

We have been told there will be more opportunities to contribute to the CAMHS redesign, and soon there will be a consultation on the government’s new Autism Strategy (see page 9), so don’t miss your chance to have your say.

Sara Truman
Chair (volunteer)
NAS Surrey Branch
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Twitter: @NASSurreyBranch
Facebook: @NASSurreyBranch
Donations: www.justgiving.com/nassurreybranch
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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

Parents of Girls’ Group
Rachel Pearson
racheldpearson@gmail.com

Dads’ Group:
Simon Bunch
bunch.simon@gmail.com

Parents of Adults’ Group
Hilary Dyce
hilarydyce@yahoo.co.uk

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

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.sendadvicesurrey.org.uk
SOSISEN 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

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
Thinking of Going to University?
We are subsidising a one-day course for parents/carers of autistic young people age 16+ who are thinking of going to Uni. The seminar will be at the Guildford institute from **9.45 for 10.00am start to 2.30pm on Tuesday 30th April**.

It aims to give parents an insight into some of the difficulties people with an Autistic Spectrum Condition (ASC) experience in the transition to University, what support is available, how to get it and how to navigate the process. Topics covered will include:

- Things to consider when deciding whether (and which) University is a good choice
- Difficulties experienced by ASC students
- Sources of support at University
- Disabled Students Allowance and the Assessment Process
- Strategies for Managing at University

The course is being delivered by AS Mentoring [www.asmentoring.co.uk](http://www.asmentoring.co.uk), a specialist organisation working with individuals with ASC, helping them to find and retain work, and supporting those in higher education.

Places are limited and **MUST** be booked in advance. Suggested minimum donation £15 (normal price is £48). **To book, please email events@nassurreybranch.org with ‘Going to Uni’ in the subject line.**

Suicide First Aid Talk in Guildford
On Saturday 2nd March, from 2.00 – 4.30 p.m., we are holding a workshop for parents/family carers on the very disturbing issue of suicidal thoughts and behaviour in autistic people of any age.

Suicide has tragically touched families in our autism community recently and we have identified a speaker who brings a specialist understanding of autism to raise awareness of the issue and its prevalence, what we can do to help the people we support and what we can do to get help ourselves.

The speaker will be Fiona Aldred, Director of Operations at The National Centre for Suicide Prevention Training. Fiona has been working with Suicide Prevention and autistic spectrum conditions for the past 15 years, and has significant experience working to support many positive outcomes for people on the Autistic Spectrum. She is also a parent of autistic children. The talk is being held in Guildford. There is no charge, but donations would be gratefully received, either in cash on the day or via our justgiving page: [www.justgiving.com/nassurreybranch](http://www.justgiving.com/nassurreybranch)

Places are limited, and **MUST** be booked in advance. To book go to [https://www.eventbrite.co.uk/e/suicide-first-aid-for-autism-tickets-55313589435](https://www.eventbrite.co.uk/e/suicide-first-aid-for-autism-tickets-55313589435)

If you have any queries, please email [nas@mugsy.org](mailto:nas@mugsy.org) with ‘Suicide First Aid’ in the subject line.

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Courses for Parents of Newly Diagnosed Children
We are once again hosting two-day courses for parents of newly diagnosed children aged 5 – 18:

- Tues 2nd & Weds 3rd April – Dorking
- Tues 7th & Weds 8th May – Guildford

Both courses run from 9.30am – 2.30pm. The courses are free, but we ask for a deposit of £10 per person which will be refunded on attending the course. We reserve the right to keep the deposits of people who do not attend. BOOKING ESSENTIAL: please email Sarah Mead at events@nassurreybranch.org with ‘Parent course’ in the subject line, with your contact details, the town you live in and which course you are interested in.

The content of the branch course is similar to the Cygnet course in Surrey for parents of children with an ASD aged 5 – 19 run by the Surrey SEND Teaching School, but the pace is quicker to enable us to fit it into two days.

Please note: this course is only suitable for parents of children aged 5 or over. Parents of younger children may wish to look into the Pat-P Course run by the Surrey SEND Teaching School: http://family.sendteachingschool.co.uk/services/family-support/

Our thanks to the Community Foundation for Surrey for funding the courses so that we can offer them to families free of charge.

Free Workshops by NAS Professionals
The professionals at the NAS Resource Centre are running another series of free workshops for parents and carers of children and young people with autism. These are suitable for families whose child or young person already has a diagnosis, or who is awaiting diagnosis.

- Leatherhead – 11th Feb, 10.30 a.m. – 1.00p.m. Visual supports for autistic children
- Woking – 15th March, 10.30 a.m. – 1.00 p.m. Social skills for autistic children.

Places must be booked in advance - email: SEResourceCentres@nas.org.uk or call 01483 521744 (NB: these sessions are not connected with the NAS Surrey Branch).

Save the Date – Indoor Climbing Event in March
We are planning to once again host two, one-hour indoor climbing sessions for children on the spectrum and their siblings on the afternoon of Sunday 31st March at High Sports, Xcel Leisure Centre, Walton-on-Thames. We are awaiting final confirmation from the venue, but if you are interested, please email Emma Whitfield emma@mugsy.org with ‘Climbing’ in the subject line and let us know how many places you’d like and the ages of the child / children you are booking for. As soon as we have everything confirmed by High Sports, we will be in touch.

Please Support Our Team in Woking Half Marathon
NAS Surrey Branch committee members Jo Dilworth and Rachel Pearson, plus supporters Crista and James Rayner are running as a team in The Surrey Half Marathon on 10th March 2019. Please support them by donating or cheering them along on the day!

The team is raising money for two autism-related causes:
- NAS Surrey Branch, to help fund the support, training and advice we offer those affected by autism in Surrey https://www.justgiving.com/fundraising/nassurreybranch
- Autism Forward, which supports funding for adults with autism to access mentoring https://mydonate.bt.com/fundraisers/joannadilworth1
Carers' Support Talks on Challenging Behaviour and Eating Issues
Action for Carers have organised three talks aimed specifically at parents/carers of autistic children and adults.

**CHALLENGING BEHAVIOUR**
- **Strategies to Support Adults with ASD** - 26th February from 10am-2pm in Woking
- **Autism Forum: Strategies to Support Children with ASD** - 26th March in Leatherhead from 10am-2pm
This event is for people who are parenting a child with Autism, Asperger’s or Pathological Demand Avoidance (PDA) who need advice and support on managing anxiety, panic attacks and meltdowns and will be given by Laura Kerbey from Positive Autism Support and Training.

**EATING ISSUES**
- Tues 12th Feb 10.00 .am. – 1.00 p.m. in Godalming. The speaker is Mark Brown.

The events are free but places at all talks must be booked in advance, and you need to register with Action for Carers beforehand if you are not already on their mailing list. For details, contact Action for Carers: email CSAdmin@actionforcarers.org.uk or tel: 0303 040 1234 x815.

**Drop-in Information Evening for Parents of Under-5s in Woking**
The independent parent support group, We Shine, is holding an information evening for parents of under-5s with special needs on Monday 25th February at The Vyne Community Centre, Broadway, Knaphill, Woking, GU21 2SP from 7.30 – 10.00 p.m.

No need to book – for more details search for ‘we shine local network’ on Facebook to join the closed group.

**‘Action Stations’ Event for Children with SEN**
Sayers Croft in Cranleigh has a Trust that aims to make its facilities available to those who may otherwise be unable to access them due to physical, financial or social disadvantage.

On Tuesday 19th February they are running a day of activities for children with SEN and their siblings from 10.00am -2.00pm. Sessions are tailored to suit a wide range of needs and are suitable for children from 8 - 15. Places must be booked in advance by emailing trust@sayers-croft.org.uk Cost: £8 for the day.

For more details go to http://www.sayerscrofttrust.org.uk/events.

**Surrey SEND Teaching School Parent Course**
The Surrey SEND Teaching School is running a Parent Autism Course on Friday 1st March at Dorking Halls from 9.30am – 3.30pm. Topics will include the Surrey County Council Local Offer and graduated response, and there will be a parent panel. The afternoon session includes tips on writing social stories and making visuals to support your child. There will be information stands available.

Cost: £30 per person. Email courses@sendteachingschool.co.uk or call 020 8330 3009 x237 to book or for more information.
NAS SURREY BRANCH CALENDAR  Feb – March 2019

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

Dorking – Mum’s Group evening meet-up – see next page for details

Frensham – The Holly Bush, Frensham, GU10 3BJ.
Contact:  Christine Malik christinemalik@btinternet.com or Bonnie Noyce jbnoyce@yahoo.com
• Mon 11th Feb  9.15 – 11.30 a.m.
• Mon 11th March  9.15 – 11.30 a.m.

Godalming – Costa Coffee, 74 High Street, Godalming GU7 1DU
Contact: Sara Truman nas@mugsy.org  tel: 07423 435413
• Mon 4th Feb  9.30 – 11.30 a.m.
• Mon 18th March  9.30 – 11.30 a.m.

Guildford – Caffe Nero, 66 North Street, Guildford GU1 4AH
Contact Sara Truman nas@mugsy.org  tel: 07423 435413
• Fri 8th Feb  10.00 a.m. – 12.00 noon
• Fri 8th March 10.00 a.m. – 12.00 noon - please note change of time
• Mon 25th March, 7.30 p.m. - please note change of date. Venue to be confirmed
• Mon 29th April  10.00 a.m. – 12.00 noon

Hinchley Wood – Hinchley Wood Primary School, Claygate Lane, Esher KT10 0AQ
Contact: Emily Gorvy  email: emily.gorvy@hotmail.co.uk
• Fri 1st Feb  2.00 p.m. – 3.00 p.m.
• Fri 15th March 2.00 p.m. – 3.00 p.m.

Milford – The Cullum Centre, Rodborough School, Petworth Rd entrance, Milford GU8 5BZ
Contact: Hilary Baldwin  HBaldwin@rodborough.surrey.sch.uk
• Weds 3rd April, 7.30 p.m.  Topic: support for ASD students in secondary schools

Redhill/Reigate – evening support group – venue to be confirmed
Contact: Leila Gregory  leilalagregory@gmail.com
• Thurs 7th Feb
• Thurs 7th March
• Thurs 4th April

Weybridge – Oatlands Chaser, 25 Oatlands Chase, Weybridge KT13 9RW
Contact: Fi Phippen  f.phippen@talktalk.net 07377 549490
• Fri 10th May 8.00 – 10.00pm

Woking – Wyevale Garden Centre, Egley Road, Mayford, Woking GU22 0NH
Contact Sarah Norris sarah4ian@ntlworld.com  tel: 07543 920917
• Weds 6th Feb  10.00 a.m. – 12 noon
• Weds 6th March  10.00 a.m. – 12 noon
• Weds 3rd April  10.00 a.m. – 12 noon
SPECIAL INTEREST GROUPS

Dads’ Group – Redhill
Contact the new organiser, Simon Bunch bunch.simon@gmail.com
A monthly social meeting for fathers of children or adults with ASD.
  •  Dates to be confirmed.

Mums’ Group – Dorking
A social evening for mothers of children or adults with ASD
Contact Helen Trenaman trenamans@talktalk.net  01737 360069
  •  Fri 8th Feb, 8.00 p.m. – email or call contact for venue details

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

Parents of Girls Group – Woking and Guildford
Contact Rachel Pearson racheldpearson@gmail.com
A group for parents of girls that meets approximately once a month during term-time.
**Morning venues**  - Woking – Twelve Thirty Café, Christ Church, Jubilee Square, Woking GU21 6YG
  •  guildford: Costa Coffee, Spectrum Leisure Centre, Parkway, Guildford GU1 1UP
  •  Evening venues:  Woking: The Sovereigns pub, Guildford Road, Woking GU22 7QQ
  •  Guildford:  The White House, 8 High Street, Guildford GU2 4AJ
    •  Thurs 14th Feb 10.00 a.m. Woking – Twelve Thirty Café  (see address above)
    •  Mon 25th Feb  8.00 p.m. Woking – The Sovereigns pub, (see address above)
    •  Weds 20th March  10.00 a.m. Guildford – Spectrum Leisure Centre  (see address above)
    •  Fri 3rd May  10.00 a.m. Woking – Twelve Thirty Café  (see address above)

Parents of Adults Groups – Locations around Surrey
A chance to meet parents and carers who have an adult offspring on the spectrum for an informal meal or drink. Meetings start at 7.30 p.m.
  •  Weds 6th Feb – Weybridge – contact Hilary Dyce hilarydyce@yahoo.co.uk  01276 66032
  •  Thurs 7th March – Farnham – contact Hilary Dyce hilarydyce@yahoo.co.uk  01276 66032
  •  Weds 3rd April – Camberley – contact Hilary Dyce hilarydyce@yahoo.co.uk  01276 66032
  •  Date tbc – Reigate – contact Sara Truman nas@mugsy.org  07423 435413

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 20th Feb  8.00 – 9.30 p.m.
  •  Weds 27th March  8.00 – 9.30 p.m.
  •  Weds 1st May  8.00 – 9.30 p.m.

If you can’t see an NAS Surrey Branch Support Group meeting in your area, why not host one yourself? Contact Sara Truman at info@nassurreybranch.org for details.
Meeting About NHS Services for Children and Adults with ASDs
On Wednesday 20th March there is a free meeting for anyone interested in services for autistic children or adults, organised by Surrey and Borders Partnership NHS Foundation Trust. There will be presentations about the diagnostic service for adults, children services, social care for adults and what the NAS provides. It is in Stoke D’Abernon near Cobham, from 10.00 a.m. to 1.00 p.m. To book your place call 01372 216158 or Email: engage@sabp.nhs.uk

Vacancies at NAS club in Horsham
The NAS professional service currently have vacancies at the Horsham social club for children and young people aged 5-18 on Tuesdays from 5.30 – 7.30pm. £5 per session.

If you are interested in this, or the Children’s Clubs in Godalming, Reigate and Staines, or the Youth Clubs in Woking and Godalming, please contact the NAS Service to check availability: Email SEResourcecentres@nas.org.uk or call 01483 521743 (option 3).

Wisley Lego Exhibition
An exhibit of animals made out of Lego is running at Wisley Gardens until 3rd March. It is called The Great Brick Safari. At half term, there is a special autism friendly private viewing of the Great Brick Safari, on Weds 20th February from 9.00 a.m. to 10.00 a.m. – places must be booked in advance. Normal admission prices for Wisley apply but there is no extra charge. https://bit.ly/2FvCIDT

Autism Awareness Week 1 – 7 April
World Autism Awareness Week runs this year from 1st – 7th April and the NAS is hoping it will be bigger and better than ever. If you would like to get involved to help raise some much-needed funds and awareness in your workplace, school or local club, have a look at the NAS website for inspiration https://www.autism.org.uk/get-involved/world-autism-awareness-week.aspx. You can choose to support the NAS Surrey Branch, or for funds raised to go to the national organisation.

Brooklands Museum Autism Hour
Brooklands Museum is again opening its doors early for families with members on the autism spectrum on Saturday 2nd February from 9.00 – 10.00am. This time the event will focus on London Bus Museum. Reduced rate admission applies, and carers enter free accompanying a paying visitor. Booking essential https://bit.ly/2MLeaTS

Redhill/Reigate Support Group
A mum has set up a new support group in the Reigate/Redhill area for working mums with children with autism or ADHD. They are planning to hold evening meetings once a month, starting on Thursday 7th February at 8.00 p.m. - venue to be confirmed. To join the closed Facebook group, search ‘Redhill and Reigate Autism/ADHD Support Group’ or contact Leila Gregory at leilalgregory@gmail.com

Barnados ‘Moving Forward’ Fun Day for Disabled Children
Barnardos is running a fun day for families with disabled young people aged 5 – 18 on Friday 22nd Feb in Bookham. The day includes arts and crafts, Boccia, Relaxation station and a chance to give your views.

Booking essential – email moving.forward@barnardos.org.uk or call 01293 610692.
Government Autism Strategy Now to Include Children
The government’s review of services and support for autistic people to be published in autumn 2019 is covering autistic children as well as adults for the first time. It will include evidence from autistic children and adults, families, carers and professionals on how to improve services and support for areas including:
- joining up health, care and education services
- developing diagnostic services to diagnose autism earlier
- improving the transition between children and adult services so that no young people miss out, and ending inappropriate reliance on inpatient hospital care
- improving understanding of autism and all its profiles, including recently identified forms such as pathological demand avoidance (PDA)

You can add your views about what needs to change to help autistic people and their families by completing this survey: https://www.smartsurvey.co.uk/s/0B5OB/


NHS 10 Year Plan
NHS England recently unveiled its Long-Term Plan, which includes commitments that it is hoped could help to tackle inequality and improve health and care services for autistic people across the country. The proposals recognise the urgent need to address the barriers that autistic people face in trying to get help from all parts of the NHS in England.

The NAS is campaigning for more detail to safeguard the interests of autistic people with mental health problems, including an overhaul of current funding arrangements and a commitment to reduce waiting times for an autism diagnosis. To find out more, read the article on the NAS website here: https://www.autism.org.uk/get-involved/media-centre/news/2019-01-07-nhs-long-term-plan.aspx

To read the NHS' 10 year plan click on this link https://www.longtermplan.nhs.uk/. Autism is covered on pages 52 & 53 / sections 3.31 to 3.36

Orchestra for People with Special Needs
The Orchestra of Unlimited Potential (UPI) is an award-winning ensemble designed to be accessible for ALL young people regardless of their circumstances and musical ability. They particularly welcome Looked After Children (LAC), young carers, young people with physical or learning needs, mental health problems and young people from BAME (black, Asian & minority ethnic) backgrounds aged 12 to 19 years or up to age 25 for those with Special Educational Needs or LAC. It is free of charge.

The orchestra meets fortnightly on Saturdays from 2.00 – 4.00 p.m. in Leatherhead. This term’s dates are 26th Jan, 9th & 23rd Feb, 9th & 23rd March. To find out more contact Surrey Arts surreyarts@surreycc.gov.uk tel: 01483 519303 www.surreymusichub.com

Thank You to Banstead Rotary Club
Huge thanks for a fantastic donation of £500 from Banstead Rotary, 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.
Model Letters on Getting Support
The independent SEN education charity IPSEA has published a selection of template letters for parents who are trying to get support for their child with SEN. These include issues such as:

- Education, Health and Care Plan (EHCP) needs assessments
- EHCP Amendments
- Annual Reviews
- Complaining about educational provision
- Transition from Statements to EHCPs
- Asking for help in exams

You can read the model letters here: [https://www.ipsea.org.uk/model-letters](https://www.ipsea.org.uk/model-letters)

Spelthorne ParaSports Club
Aimed at young people with special needs from 5-25yrs and their siblings, Spelthorne ParaSports Club provides opportunities to play a range of sports. Activities and sports include football, basketball, boccia, new age curling, trampolining, table cricket, polybat, goalball and unihoc. Two or three main activities take place each week, but a range of other equipment is also available each week for young people to use.

All sessions are overseen by enthusiastic volunteers. Parents/guardians are encouraged to stay on site during the sessions.

When - Saturday 10.15 - 11.45am  
Where - Spelthorne Leisure Centre  
Who’s it for - Young people 5-25yrs with special needs and their siblings.  
Cost - £4 for the first child and £2 for siblings, payable on the day. Every fourth session is free.

For further information visit [www.spelthorne.gov.uk/parasportsclub](http://www.spelthorne.gov.uk/parasportsclub), email leisure@spelthorne.gov.uk or call 01784 446433.

**INFORMATION FOR ADULTS**

Beginners Supported Learning Gardening & Horticulture
A ten-week course is running in Warwick Wold near Reigate for people wanting to learn at Supported learner, beginner level but at a slower, quieter pace. It is also suitable for those with low mobility or wheelchair users. It is run by WEA Adult Learning.

The course covers all types of plant care and propagation and provides opportunities to work with a range of tools suitable to your needs.

**Venue:** Weavers Horticulture & Resource Centre, Warwick Wold RH1 3DG  
**Date:** Tuesday January 29th – Tuesday April 9th  
**Time:** 1.30pm- 3.30pm  
**Cost:** £100

This course is FREE if you are in receipt of income related benefit. For details, email: aandrews@wea.org.uk  T: 07825 862037 or book online at: wea.org.uk  Course ref: C3743849.
Learning About Health Action Planning
Adults with learning disabilities can have a Health Action Plan to help them look after their health and understand how to get help with health problems or concerns.

If you support someone with a learning disability, you may be interested in the regular training days that are organised by Surrey and Borders Partnership NHS Foundation Trust and run by Community Nurses. The training is free for people supporting people with learning disabilities in Surrey. To find out more and see a list of Health Action Planning training days go to http://www.surreyhealthaction.org/

Money ‘First Aid’ Course
This free workshop run by the adult learning charity WEA offers tips and tools to help:

- Manage your money
- Make informed decisions about spending
- Find ways to make savings

Date: Monday 25th February
Venue: The Woodhatch Centre, Whitebeam Drive, Reigate RH2 7LS
Time: 10.00am-1.00pm Facilitator: Gillian Futcher

For details, contact Emma Hills T: 07711 855887, email: ehills@wea.org.uk or go to their website: https://www.wea.org.uk/

Please Note: This workshop is not aimed specifically at people with learning disabilities or autism, but it is expected that those attending will have a variety of needs. If you, or the adult you support, are interested in attending, we recommend that you contact the organiser, Emma Hills, to make sure that the workshop will meet your needs.

Halow Programmes for Young Adults with Learning Disabilities
Halow is a charity in Guildford which provides activities for young adults with learning disabilities. On Weds 6th March from 6.30 – 8.00 p.m. they are holding an information evening for young people and their parents/carers about two of their programmes for people who are no longer in full-time formal education. The programmes are called ‘Building Futures’ and ‘A Reason To Get Up’.

The aim of both programmes is to build on attendees’ learning, and support them to aspire to and achieve further goals in their life.

You can find out more via the Halow website www.halow.org.uk in the ‘What We Do’ section. For more details about the information evening call Halow on 01483 447960 or email: info@halowproject.org.uk

Planning Guide for Families with a Relative with Autism or a Disability
A video about future planning called ‘What Happens When I’m No Longer Around’ has been produced by the learning disability charity, HF Trust.
You can see it by clicking on the video on the HF Trust page here: https://www.hft.org.uk/our-services/family-carer-support-service/fcss-updates/what-happens-when-im-no-longer-around/
The Spectrum Online Magazine for Autistic Adults
The NAS has re-launched The Spectrum magazine (formerly Asperger United) online with new articles, letters and artwork by and for autistic adults. It is free to download from the NAS website:

Mencap Events on Knowing Your Rights
Mencap are running two free events in Guildford for people with learning disabilities and/or their families. They are

- Friday 1st Feb  9.30 a.m. – 1.00 p.m.    Know Your Rights in hospital
- Friday 1st March – 10.00 a.m. – 1.00 p.m.  Treat me Well – the new Mencap campaign

For more information contact Mike Le Surf  email  Michael.lesurf@mencap.org.uk

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

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

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


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