



# NAtterS

Hart and Rushmoor Branch newsletter

[www.nasHandR.org](http://www.nasHandR.org)

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\*\* This newsletter is printed in colour thanks to the generosity of the Fleet Lions. \*\*

Issue 26

November/December 2011

We have a new venue. . . .

**Our branch activities will now be taking place at "The Zone!" within the site** of the new Samuel Cody Specialist Sports College, in Ballantyne Road, Farnborough, GU14 8SS (the site previously known as Oak Farm School. We will be using a classroom or two in F Block (in the same building as the Military Preparation College), where we are planning to run as many sessions for families living with autism as we can (as you can see from the diary dates list on pages 2 and 3) but we need you to let us know what else you want to be able to access.

Thanks to Inspiring You funding the Cyber Zone and After School Zone sessions for children are guaranteed to run until the end of March 2012 at least and the branch is funding all the events for parents and carers, which is why we have to ask for a donation of £1 per person at each event.

**Lego needed!**

We are starting a Building Zone! in December - if you know anyone who has any unwanted Lego they would like to donate, we would be incredibly grateful!



Our Warhammer area!

## Committee contact details

Branch Officer:

Nikki Smith  
118 Fernhill Road, Farnborough,  
GU14 9DR. [Nikki@nasHandR.org](mailto:Nikki@nasHandR.org)  
01252 694934 / 07825 280274  
(Please note: I am a parent of 3 boys on the spectrum and I do this in my spare time.)

Treasurer

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Event co-ordinators:

Gaye McGowan and Janette Cutler  
[events@nasHandR.org](mailto:events@nasHandR.org)

Facebook group

[www.facebook.com](http://www.facebook.com) (search for NAS Hart Rushmoor in "groups" and you'll find us!)

Other committee members:

Colin Smith (at Gaming Zone)  
Cara & Alan Taylor  
Karen Booth

Accept difference. Not indifference.

November 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Coffee Zone: Samuel Cody 9.30am - 1 Fizzy Kids: in North Camp, 5-7pm	2 After School Zone: Samuel Cody, 2.45 - 6pm 	3 Admin Zone: Samuel Cody, 9.30am - 2pm	4 DLA Zone: Samuel Cody, 9.30am - 1pm	5	6
7 Crafty Zone: Samuel Cody, 9.30am - 2pm 	8 Coffee Zone: Samuel Cody, 9.30am - 1pm	9 After School Zone: Samuel Cody, 3.45 - 6pm	10 No Zone today!	11 DLA Zone: Samuel Cody, 10am - 1pm 	12 Cyber Zone: Samuel Cody, 9.30am - 2.30pm	13
14 Home School Zone: Samuel Cody, 9.30am - 12pm	15 Coffee Zone: Samuel Cody, 9.30am - 1pm	16 After School Zone: Samuel Cody, 2.45 - 6pm	17 Admin Zone: Samuel Cody, 9.30am - 2pm	18 NAS help! Sensory issues Samuel Cody, 10am - 2.30pm	19	20 Ceramic painting: in Fleet 11.30am & 12.30pm
21 Crafty Zone: Samuel Cody, 9.30am - 2pm	22 Coffee Zone: Samuel Cody, 9.30am - 1pm 	23 After School Zone: Samuel Cody, 2.45 - 6pm	24 Admin Zone: Samuel Cody 9.30am - 2pm	25 Henry Tyndale Parents Coffee: Samuel Cody, 10am - 1pm	26 Cyber Zone: Samuel Cody, 9.30am - 2.30pm	27
28 Crafty Zone: Samuel Cody, 9.30am - 2pm	29 Coffee Zone: Samuel Cody, 9.30am - 1pm	30 After School Zone: Samuel Cody, 2.45 - 6pm				

December 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Admin Zone: 9.30am - 12pm	2 No Zone today! <b>Girl's night out:</b> Christmas special 8pm @ the Harvester	3 Girls Ceramics! Farnham, 10.30am (Run by NAS Alton)	4 Christmas party @ Challengers 3.45 - 6pm 
5 Crafty Zone: Samuel Cody, 9.30am - 2pm 	6 Coffee Zone: 9.30am - 1pm Fizzy Kids: 5 - 7pm	7 After School Zone: Samuel Cody, 2.45 - 6pm 	8 Building Zone: 2.45 - 6pm 	9 No Zone today!	10 Cyber Zone: Samuel Cody, 9.30am - 2.30pm	11
12 Home School Zone: Samuel Cody, 9.30am - 12pm	13 Coffee Zone: Festivitea! 9.30am - 1pm 	14 After School Zone: Samuel Cody, 2.45 - 6pm	15 Admin Zone: 9.30am - 2pm Building Zone: 2.45 - 6pm	16 DLA Zone: Samuel Cody 9.30am - 1pm 	17	18
19	20 Christmas craft zone: 9.30 - 1pm	21	22 Fun Zone: 9.30am - 1pm	23	24	25 Happy Christmas! 
26	27 Donutting: 11.15am/12.30pm in Aldershot	28	29 Roller Disco: 2pm/3.40pm in Frimley	30	31	

January 2012: Saturday 7th January - Cyber Zone 9.30am - 2.30pm

## News for parents & carers

### Facebook & Twitter

The branch Facebook group is constantly growing and very active.. Please join us, introduce yourself, ask a question or simply read the other posts. Just go to [www.facebook.com](http://www.facebook.com) and search for NAS Hart Rushmoor in the "groups" section.



Our number of followers on Twitter is growing, Are you one of them? Just search for NASHandR and you'll find us.

### Branch resource library

The library is proving to be popular at our new venue - which is wonderful, as it means the books are being read and not just sitting in a storage box! Please let us know if there are any titles you think we could add to our selection.



### Girl's night out

One of our mums has been organising nights out at the Harvester for mums to have a evening of laughter. The next one is due to be in early December and everyone is bringing along a small gift (nothing more than £5) as we are having a Secret Santa. For more details, find the event on Facebook or contact Nikki.



## Sessions for parents at The Zone!

### Crafty Zone

Following on from feedback we've had, we are beginning a Crafty Zone for parents.

This is a chance for parents/carers to come along and do something new and creative

- **we don't have to discuss autism, just get together for a chat and a giggle!** This is open to all parents/carers of a child with additional needs.



### NAS Help! Courses

Following our first help! course, we have our next one about sensory needs, on Friday 18th November, 10am - 2.30pm at Samuel Cody Specialist Sports College. Places will be limited to 15 families (2 places per family) at a cost of £20 - but as families need **to be divided into groups with similar issues, bookings can't be taken on a first come first served basis.** The booking form is attached to this newsletter.



### DLA Zone

We have held a couple of trial DLA Zones and discovered what works, so we have now planned more and regular sessions - check out the calendar for the dates and simply turn up on the day with your forms!



### Branch Festivitiea

**We thought we'd have a simple Festivitiea at our last Coffee Zone! for 2011 on Tuesday 13th December. Come & join us for a mince pie and chat.**

## Activities for children & young people

### The Zone!

#### Cyber Zone sessions

9.30am - 2.30pm on alternate Saturdays at Samuel Cody Specialist Sports College, Ballantyne Road, Farnborough, GU14 8SS. £1 per child to help us cover **costs. There are games consoles (PS3, Wii's, Xbox360), handheld games (PSP's, DSI's, 3DS's, laptops and android tablets.** There is always plenty of tea, coffee, juice and biscuits (though donations of additional biscuits are always welcome!) We also have an area for arts & crafts, **duplo and wooden train track for those who aren't keen on gaming.**

Please will all parents ensure they supervise their children throughout the session.



#### Warhammer Zone

At Cyber Zone sessions, we also have a small room for those who are interested in Warhammer 40,000. All ages and abilities welcome.



Huge thanks to Alan for running these sessions, Rhys at The Games

Shop for his help and also to a wonderful Games Shop customer who donated a box full of scenery to our sessions - our children really appreciate it!

#### After School Zone

Every Wednesday during term-time, have an After School Zone! from 2.45 - 6pm. These are drop-in sessions for any ASD families. **The suggested donation is £1 per child. There's tea,** coffee, juice and biscuits available (for a small donation in the tin). The Cyber Zone equipment is there, arts & crafts and more. We are trialling Building Zone on Thursday 8th & 15th December.

#### Christmas sessions

We have planned a couple of drop-in sessions in the week before Christmas, simply so that you have the opportunity for some easy entertainment for the kids and adult conversation for you!

#### Fizzy Kids special needs sessions

The first Tuesday of every month, from 5 - 7pm. The sessions are for all children with any kind of special need & their siblings. Usual height and age restrictions do not apply! The price is £3.50 per child. Food & drinks are available to buy. Please support these sessions or they will stop running!



#### Branch Christmas party!

This year's Christmas party will be at Challengers playcentre again on Sunday 4th December, 3.45 - 6pm. This year we have kept this a free event, but places must **be booked! You'll need to bring along a wrapped gift for your child (nothing more than £5) for Father Christmas to give to them - just let us know if they aren't** keen on Father Christmas. Please bring a food donation towards to party tea.



We try to keep the costs to families as low as possible, but if cost or transport is an issue just get in touch with us and we will try to help!

Please remember that you are responsible for your children at all of our activities and you must supervise them at all times!

## Our trip to the Special Children's Day at London Zoo

On Saturday 10th September we met outside St Joseph's School in Aldershot to board our two 100 seat double-decker coaches at 8.15am ready to set off to the zoo!

We all found our seats and made sure groups of friends were all near each other. The drivers managed to fit on all the wheelchairs and pushchairs and finally, off we went for an 80 minute drive into London.

The journey whizzed by, parking was easy and we were soon in the zoo, after a few hiccups at the entrance! Everybody was able to break off into their own groups and explore all that was there at their own pace and in whatever order they decided. It was lovely to keep bumping into different familiar faces throughout the day and taking some quick photos too.



The information stands in the centre proved useful for some and it was good to see the NAS there promoting awareness!

At 2pm, several of us gathered around the giraffe enclosure for their feeding time, and with huge thanks to the Daytrippers charity for the opportunity, it was wonderful to watch our very own Ali hand feeding the giraffes their carrots and leaves. Everybody enjoyed their free carousel ride (thanks again to Daytrippers) and several more as well. There were some well painted faces - tigers, lions, butterflies and more!



All too soon, it was time to visit the gift shop, toilets and then head back to the coaches. There was lots of yawning and some snoring on the way home, but everyone agreed that it had been a brilliant and busy day!



## The Zone!

On Saturday 1st October, we began using our new venue at Samuel Cody Specialist Sports College in Ballantyne Road, Farnborough. So far our Cyber Zones on alternate Saturdays are as popular as ever, if not more so as the larger space means that groups can break off into separate rooms.

The new After School Zones on Wednesdays have been well attended and we hope that as word spreads, more children will benefit from them.

**We succeeded in bringing the NAS help! course about Managing Children's Anger to families in Hart and Rushmoor.** The next course is on the topic of Sensory Needs and in 2012 we hope to provide our members with access to more help! courses on various topics.

**We have secured funding from Hampshire's Inspiring You funding to run Cyber Zone and After School Zone until the end of March 2012 and in addition, they have granted us money for a few more laptops, additional console games and Lego to begin a Building Zone! in December.**

If you want to join us, just drop-in and see what we do.



## Half-term fun!

### Roller Disco

We began half-term with two roller disco sessions at Tomlinscote Sports Centre, on Saturday 22nd October. It was a little nail biting to watch at first but it was surprising how quickly the children got the hang of it and most managed to stay upright (there were a few who spent a fair amount of time on the floor too, but they got straight back up and carried on!) For all of those who now have skates on their Christmas list - we are running another roller disco on Thursday 29th December!



### PGL activity day

On Tuesday 25th October, 35 children and their parents (and a couple of younger siblings too) headed off to the Marchants Hill PGL activity centre in Hindhead, Surrey. There were four activities for the day; zip wire, low ropes course, giant swing and quad biking - not all were without issues, but the feedback for the day **was mostly positive and we're looking into another activity day.**



### I ntech evening

In the pouring rain on Thursday 27th October, we made our way to I ntech in Winchester for our after hours fun session. The branch had the whole hands on science centre and planetarium to ourselves and it meant that our members had the freedom to explore without it being too crowded or noisy and parents were able to relax knowing that the children were happy! The 2 shows in the planetarium were popular, very entertaining and talked about for the rest of the evening.

Huge thanks to Hampshire County Council and their Inspiring You funding - **as without it we couldn't** have afforded to run these events and made so many families very happy!



### Halloween party

Our first branch Halloween party was very busy on the evening of Friday 28th October. It was lovely to see so many of our members, both young and old, dressed up for the occasion (luckily, none were too scary looking!)

We had great fun decorating paper bags for collecting all the trick or treat goodies in. Biscuit decorating got a little messy but everyone happily ate them afterwards and as we all brought some food with us, we had a wonderful spread for party tea!

Huge thanks to everyone who came along and had a great time and an extra special thanks to Colin Smith for his enthusiasm and patience whilst being behind the trick or treat door! ;o)



## Branch rules....

Parents are solely responsible for their children at all of our activities!

We feel that we have to include this section now to ensure that parents/carers understand that they have to supervise their children and young people at our branch activities and events and be responsible for them and their behaviour.

**If this doesn't happen, the branch committee will have to take appropriate action.**

The branch is run by parents who volunteer, and we cannot and will not be responsible for unsupervised children.

### Payment for branch activities

Due to several families booking places at our events and not turning up on the day, we have no option but to request that families pay in advance in order to secure their places at activities.



We understand that there can be last minute meltdowns and illness, but if you book a **space it still costs the branch money when you don't attend. So in order to ensure that the branch isn't losing money and we can afford to continue running events, we have to take this action. If we** are able to fill cancelled spaces, we will refund your money.

Obviously we are still able to look at individual requests for those who have a problem with the cost and indeed transport, but you have to talk to a committee member for us to be able to help.

How to pay:

Cheques: made payable to "NAS Hart & Rushmoor" and posted with a booking form to NAS H&R, 118 Fernhill Road, Farnborough, GU14 9DR.

Cash: at any of our Zone activities, or through the door at the address above.

Paypal: whether you have a Paypal account or not, you can use your credit or debit card. Simply go to [www.paypal.co.uk](http://www.paypal.co.uk) and make payment to [paypal@nasHandR.org](mailto:paypal@nasHandR.org) Please also include a message **letting us know who it's from and which activities you are booking.**

### Branch membership

If you live in Hart & Rushmoor, then joining our branch is free, simple and gives you easy access to our newsletter, mailing list, Facebook group and ability to attend our activities and events.

If you are outside the H&R area you are welcome to sign-up for our newsletter, but places at events are only offered out to all once H&R members have booked their spaces.

### Photos at our events

If you would like to take photos at any of our events/activities, can you please let Nikki know - this is simply because we have some members who have requested that photographs of their family **aren't posted on Facebook/newsletters/websites etc. We understand that you would only be taking** pictures of your child/children, but if others appear in the background and you post them online this could become an issue.

By being a branch member you agree to these rules  
- if you have a problem with any of the above, please get in touch.

## NAS news!

### Autism Action Network

**The Autism Action Network recognises that NAS can't achieve their goals without the invaluable experiences and dedication offered by people affected by autism.** With so many changes taking place at a national and local level that directly affect people with autism, more action is needed to make sure that their needs will finally be met. The NAS have searched and found their Autism Ambassadors and now need to find Autism Champions. If you would like to know more, [go to www.autism.org.uk/aan](http://www.autism.org.uk/aan)

### NAS Basingstoke Branch

The Basingstoke Branch is continuing to grow - Sam Clark is working hard to organise regular activities and events for families in Basingstoke. If you are in their area, please do join them! Go to <http://basingstokenas.terapad.com> or if you're not online, simply call Sam on 07435751193.

### NAS Alton Branch

The Alton Branch has been running various events for families in Alton and Bordon; the games sessions with chess, draughts, snakes and ladders and more, have proved to be incredibly popular. Again, if you are in their area please do join their group. Go to [www.nasAlton.com](http://www.nasAlton.com) or call Beverly on 07824 372034.

## NAS helplines

The **Autism Helpline** - 0808 800 4104  
Open Monday to Friday, 10am - 4pm,  
e-mail [autismhelpline@nas.org.uk](mailto:autismhelpline@nas.org.uk)  
or go to [www.autism.org.uk](http://www.autism.org.uk)

[www.autism.org.uk/autismdirectory](http://www.autism.org.uk/autismdirectory)

A comprehensive directory of services and support for those affected by autism.

The **NAS Parent to Parent line**  
0808 800 4106 is a free and confidential  
telephone support service offered by  
volunteer parents of an adult or child  
with an ASD.

For advice on **educational** issues for parents  
whose children have autism or Asperger  
syndrome, call 0808 800 4102

Please note: the Education Rights Service, Autism Helpline and Parent-to-Parent Service numbers have changed.  
The ones printed here are correct! Calls to these numbers are now free from landlines and mobiles.

## Other local branches & support

NAS Surrey Branch: [www.mugsy.org](http://www.mugsy.org) or call Emma (the new Branch Officer) on 07423 435413.

NAS South Hampshire Branch: [www.shantsnas.org.uk](http://www.shantsnas.org.uk)

NAS Alton Branch: call 07824 372034 (you may need to leave a message) or [www.nasalton.com](http://www.nasalton.com)

NAS Basingstoke Branch: <http://basingstokenas.terapad.com> or call Sam on 07435 751193.

BAGS (Basingstoke Autism Group): [bagsinstoke@live.co.uk](mailto:bagsinstoke@live.co.uk) or via Speakeasy on 01256 332795.

Contact a Family: Free helpline 0808 808 3555 open 9.30am - 5pm, Monday to Friday.

AFASIC helpline (a speech & language charity): 08453 555577.

Parent Voice: [www.parentvoice.info](http://www.parentvoice.info) or phone 02380 721206.

### Wendy Lawson talk in Fleet

**Author of "The Passionate Mind: How people with Autism Learn" Wendy is coming to speak in Fleet in 2012.** This evening is aimed at parents, child carers and teachers. On Thursday 22<sup>nd</sup> March 2012 from 7.30 pm - 9.30 pm (doors open at 7.15 pm) at Heatherside Junior School, Reading Road South, Fleet, GU52 7TH. Tickets cost £5 each and payment must be made in advance. For tickets or more info, contact Lorna Owen on 07899 947 713 / [lorna.owen1@btinternet.com](mailto:lorna.owen1@btinternet.com)

### SOS!SEN @ The Games Shop

The excellent volunteers from SOS!SEN will be upstairs in the Games Shop in Aldershot on the first Tuesday of every month, 10.15am - 12.15pm - the next one is on 6th December.

Go to [www.sossen.org.uk](http://www.sossen.org.uk) for more info.

**If you can't get there, call their helpline on 020 8538 3731**

for educational advice.



### New SEN resources!

IPSEA have produced 40 new online resources to help parents take action with common SEN issues. **These are available to download on their website in the "What you need to know" section.**

Please take a look at them and bookmark the page for future reference. There are template letters for you to use to get what your child is entitled to! [www.ipsea.org](http://www.ipsea.org)



### New book to help you fight for a Statement for your child

This is a new book, available as an e-book and shortly in paperback too, written by a local Farnham **mother of two boys on the autistic spectrum. It's aimed at helping parents find their way through**



the special educational needs system: from explaining how to prepare an application for a statutory assessment of special educational needs and a section on what to expect if you end up at an SEN Tribunal by experienced SEN Advocate, Julie Maynard. Tania Tirraoro, creator of the [www.specialneedsjungle.co.uk](http://www.specialneedsjungle.co.uk) website, is passionate about empowering parents to get what their child is entitled to.

Available from [www.amazon.co.uk](http://www.amazon.co.uk) and we have 5 copies in the branch library already! To find out more, call Tania on 01252 712336.

### Henry Tyndale School Christmas Fayre

Saturday 19th November 2011, 1pm - 3pm. 50p for adults, children free! Prize draw - including £250 cash, Chelsea FC soccer school place, toys, chocs, wine, spirits and **lots more. Father Christmas, children's tombola, lucky dip, face painting, glitter tattoos, music & colouring area.** Toys, books and cake stalls.



Please show your support and join in the fun!

### Bean Bag film club at the West End Centre

This is a club for disabled young people from 0-19 years of age and their families. **It's a relaxed atmosphere where you can lounge on our humungous bean bags and watch family friendly films.** Starts at 2pm and costs £3 per person.

On Saturday 17th December - Shrek Christmas Special. To find out more or to book a place please call 01252 408040. West End Centre, Queens Road, Aldershot, GU11 3JD.





Inspiring You sessions at Connaught Leisure Centre  
On Saturday 19th November there will be another sports session at Connaught for children with additional needs and their families.

**There's trampolining, a bouncy castle, badminton, table tennis and more!** For more info contact the centre on 01252 344438.

These event is on Saturday 17th December and will have Christmas arts and crafts too.

#### Fun House special needs sessions

Fun House special needs sessions are on the second Saturday of every month, 4-6pm. The next couple are: 12th November & 10th December. Entry is £3.50 per child and food and drinks are available to buy. Call 01256 471066 for more info. They are on the Daneshill Industrial Estate, Basingstoke, RG24 8NS.



#### Playdays special needs night

**On the 3rd Friday of every month it's special needs night at Playdays - the next one is 18th November, 6pm - 8pm in Basingstoke (RG24 8NF.) Entry is £3 for under 4's and £3.50 for those over 4 years.** For more info call Playdays on 01256 346173.

#### PAG activities

**PAG's MADD (Music, Art, Dance and Drama) club** is still running during term-time for those aged 5 - 18 years. For more information, contact Ann on [info@pagforspecialplay.co.uk](mailto:info@pagforspecialplay.co.uk) or 01252 837 112.



#### Blue Badge consultation

If you use this scheme, please take the time to look at this & complete the questionnaire online before the closing date of 4th December 2011 at

[www3.hants.gov.uk/bluebadge](http://www3.hants.gov.uk/bluebadge) or call 0845 603 5633.



#### Totally Yours

This website is run by a local mother with experience of special needs and she is trying to make it a place where you can find everything disability-related in one place. [www.totallyyours.co.uk](http://www.totallyyours.co.uk)



You could save £120

**It's worth calling your energy supplier to see whether your household qualifies for a discount or a rebate worth up to £120 under the government's new Warm Home Discount Scheme. Who qualifies** (usually pensioners, vulnerable and low income families) and how much the discount or rebate offered, will vary from provider to provider but hurry because five out of six energy companies recently admitted that they have a limited amount of money for the scheme! Contact a Family have a webpage with all the contact numbers, take a look at [www.cafamily.org.uk](http://www.cafamily.org.uk)

#### Autism participation survey results

For those of you who took part in the 'Autism Participation - Have your Say' survey, we thought you would like to see the report that has been produced with all of the answers. Shockingly, only 255 people completed it (from people with autism, siblings, parents and carers and professionals). This really is a small percentage of those affected by autism in Hampshire, but the answers are still very interesting (though probably not surprising to many of you!) [www.hants.gov.uk/pdf/autism-participation-report-september2011.pdf](http://www.hants.gov.uk/pdf/autism-participation-report-september2011.pdf)

**If you're not online, there is a copy available at The Zone!, all 200 pages of it.**





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**We're on the web!**

[www.nasHandR.org](http://www.nasHandR.org)

Make sure you let us know if you move or change your e-mail address.

**If you don't, we can't** get this newsletter to you!

## Useful things & websites!

Some useful information that has been posted on our Branch Facebook Group:

A parent was asking for recommendations for swimming lessons with someone who understands ASD children...

Holly replied with the link for Splash and Paddle, [www.splashandpaddle.co.uk](http://www.splashandpaddle.co.uk) "The lady we know is called Becky and she has been brilliant with my son who has ASD. I know they also teach another ASD boy and he is doing great too."

Kerry posted about a very clever Emotions Color Wheel on the [www.do2learn.com](http://www.do2learn.com) website. It's a colourful wheel to aid children to visually group feelings; the idea being that an ASD child will often recognise a colour than an emotion and you can then decode how your child is feeling.



Louisa and Hazel thoroughly recommend The Toy Box shop in Godalming after they discovered it recently. The staff were fantastic with trying to come up with suggestions for appropriate toys for their ASD children and they also had great fun playing with all the fidget toys without the kids there! Take a look at <http://thetoyboxgodalming.co.uk> or call 01483 424379 - **and they're on Facebook too.**

This is the newsletter of the Hart & Rushmoor Branch of The National Autistic Society. Views expressed in this newsletter are not necessarily those of The National Autistic Society, and reference to specific services or approaches to autism does not imply endorsement.

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# November & December activities for those in Hart & Rushmoor!

There are limited places at these events, therefore they are only for members who live in the Hart & Rushmoor areas. (If there are spaces, we will open the activity up to other areas.)



Sunday 20th November 2011, 11.30am & 12.30pm

Ceramic Painting, in Fleet.

Just Ceramics, 323 Fleet Road, Fleet, GU51 3BU.

(Parking in the Harlington Centre car park opposite is easy.)

The cost is £5 per person painting.



Saturday 3rd December 2011, 10.30am

Ceramic painting session for GIRLS on the spectrum

Ceramics Cafe, 13 Downing Street, Farnham, Surrey, GU9 7PB

The cost is £5 per person painting.

This is being run by NAS Alton, but H&R are subsidising the cost for our members.



Sunday 4th December 3.45 - 6pm

Branch Christmas Party!

Disability Challengers, St James Avenue, Farnham, GU9 9QF.

Places are FREE but must be booked in advance! You need to bring a small gift for your child from Father Christmas (just something small, nothing more than £5)



Tuesday 27th December 2011

Donutting

Alpine Snowsports, Gallwey Road, Aldershot, GU11 2DD

2 sessions to choose from;

11.15am, to be on the slope for 11.15am or 12.30pm, to be on the slope for 12.45pm

£5 per person donutting (minimum age 4yrs)



Thursday 29th December 2011, 2pm & 3.40pm

Roller Disco, in Frimley.

Tomlinscote Sports Centre, Tomlinscote Way, Frimley, Surrey, GU16 8PY.

Come and join the fun - the music and lights will be on and the staff are great helpers!

The cost is £5 per person painting.

Payment must be made in advance -

via cash at meet-ups, cheque or Paypal (see the booking form for details)

Contact Nikki - [nikki@nasHandR.org](mailto:nikki@nasHandR.org) or 01252 694934 for more info.