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Christmas party 2009!

This year's party is all set for Sunday 13th December, 3.30 - 6.30pm at Disability Challengers playcentre in Farnham. Come and enjoy time in the sensory room, discover the art room and play on all the equipment. Father Christmas will once again be in his grotto, so bring a small gift wrapped and labelled with your child's name for him to hand out. There will be buffet-type food available but if your child is on a particular diet please bring something suitable with you. Last year's party was thoroughly enjoyed by everyone who went, so here's hoping this one is just as much fun! See page 8 for more details and how to book places. If you can volunteer to help us with the food, or contribute something, please contact Nikki!



Committee contact details

Branch Officer:

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Kerry.caligari@btinternet.com

Education advice:

Dawn Wilson
Dawn.wilson@tavistock.hants.sch.uk
(e-mail support only)

Fundraising ideas:

If you have any ideas about ways we
can raise funds, please e-mail
info@nasHandR.org and let us know!

**Would you like to help us fill in
this gap? Get in touch with any of
us to find out what's involved!**

www.easyfundraising.org.uk/nasHR

Please remember that you can raise funds for the branch just by doing your online Christmas shopping via this link - it doesn't cost you any extra!

Dates for your Diary.....



<u>November</u>	<u>December</u>	<u>January</u>
Tuesday 3rd 5 - 7pm: Special needs fun session @ Fizzy Kids.	Tuesday 1st 5 - 7pm: Special needs fun session @ Fizzy Kids.	Saturday 2nd 10am - 1: NAS Gaming Zone
Saturday 7th 10am - 1: NAS Gaming Zone	Saturday 5th 10am - 1: NAS Gaming Zone	Tuesday 5th 5 - 7pm: Special needs fun session @ Fizzy Kids.
Thursday 12th 10am: Coffee & chat @ Costa coffee in Aldershot	Sunday 13th 3.15 - 6.15pm Branch Christmas party @ Challengers, Farnham See page 8	Saturday 16th 10am - 1: NAS Gaming Zone
Saturday 21st 10am - 1: NAS Gaming Zone	Saturday 19th 10am - 1: NAS Gaming Zone	Monday 25th 10am: Coffee & chat @ Costa coffee in Fleet

All events and details can be seen at www.nashandr.org on the Diary Dates page.



Trainwalk 2010

As we all had so much fun at this year's Trainwalk and managed to raise an incredible amount too, we have already begun planning an even better one for next year - just how organised are we? Hopefully it will be on the first Sunday in June, so that everyone can go on the miniature railway ride after the walk again. We are also trying to organise a bouncy castle for the day too!

Starburst's Christmas 2009 performance

Starburst is a children's charity based in Fleet, Hampshire. They raise money for local children with special needs and provide them with vital equipment to assist them in everyday life. This Christmas Starburst's amateur theatre is performing the pantomime Cinderella at St Nicholas Theatre, St Nicholas School, Redfields House, Redfields Lane Church Crookham, Fleet, Hampshire, GU52 0RF. They are giving children with special needs the opportunity to come along to an exclusive performance of Cinderella on Thursday 17th December at 7.30pm. Attendance will be free of charge for all children and there will be a subsidised cost of £4 for all adults attending. For more information or booking form, please do not hesitate to contact Caz Robertson on 07739 750702 or Carolinerobertson123@btinternet.com



PAG - panto time!

PAG have organised a special performance of 'Snow White' at The Princes Hall, Aldershot. The performance is specifically for special needs children/young people and their immediate family, on Sunday 13th December 2009 at 1pm. The cost is only £3 per head (max 6 tickets per family). Closing date is 18th November 2009. Any queries please contact Karen on 01252 651167 or at info@pagforspecialplay.co.uk



Activities for kids!

Most of our activities are free, but donations are very gratefully received.

If cost is an issue, please do contact us, as we may be able help!

You are responsible for your child/children at all of our activities.

Saturday morning Gaming Zone

Alternate Saturdays, throughout the year (see page 2 for the dates) 10am - 1pm, at Mayfield Community Centre, Totland Close, Farnborough, GU14 8TX. For all children & teens with an ASD and their siblings (the games are suited to children 6yrs+) There are games consoles, handheld games and PCs with online access too. A parent/carer must stay during the sessions, but there will be plenty of tea, coffee and biscuits. These sessions are free!



Fizzy Kids special needs sessions!

The first Tuesday of every month, (3rd November, 1st December, 5th January etc.) 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 and food & drinks are available to buy as well.

Events for parents!

Dads & Lads nights

The next dads & lads night will be in January 2010 and as soon as the date is set it will be on the branch calendar on our website, www.nasHandR.org If you have any suggestions for venues and dates, please do let us know.

Coffee Mornings

We all know how important and enjoyable it can be to chat to other parents/carers. We get together every other month at one of the local Costa Coffee shops (see page 2.)



Parent & Carers Pub Evenings

We hold regular pub evenings (alternate months to the coffee mornings), at various pubs within the Hart & Rushmoor area. See the 'dates for your diary' page for information about when and where.

Special needs coffee morning @ St Joseph's

On Wednesday 4th November there will be a coffee morning in the community room at St Joseph's School, Bridge Road, Aldershot, from 8 until 10am. You do not need to have a child at the school to come along. It is hoped that this will be repeated once a term.

NAS Help! Course in Alton

This course is for parents of children aged between 3 and 12 years who have a recent (within 18 months) diagnosis of an autistic spectrum disorder. It will provide an overview of ASDs and tips on communicating with your child along with information about your child's rights and entitlements to services and welfare benefits. On Friday 4th December 2009, 9.30am - 3.00pm at the Alton Maltings Centre, Maltings Close, Alton, Hampshire, GU34 1DT. This is free for parents but places must be booked. For more info or to book a place, contact Aparajita Ray on 020 7704 3802.

NEWS FROM NAS HEAD OFFICE

The **NAS Autism Helpline** number is 0845 070 4004.

Open Monday to Friday, 10am - 4pm, e-mail autismhelpline@nas.org.uk or go to www.nas.org.uk
For Community Care issues call the Helpline or e-mail your enquiry to communitycare@nas.org.uk

Alternatively, the NAS run a **Parent to Parent line** on 0800 9 520 520. It's a free and confidential telephone support service offered by volunteer parents of an adult or child with an ASD.

Autism Act 2009!

The Autism Bill made it through its last parliamentary stage, and will now become the Autism Act 2009: the first ever disability-specific law for England. The Act will guarantee a future Adult Autism Strategy that will introduce a range of duties to improve local services. There's more information on the website at www.autism.org.uk/autismact2009. We will of course continue to campaign until the strategy makes a real difference to people affected by autism.

NAS Public Liability Insurance Scheme

Available exclusively to NAS members, a Personal Liability Insurance Scheme that has been designed specifically to help protect you, should a member of the public hold you responsible for bodily injury or damage of their property caused by a person with an ASD in your care. Annual cover costs just £24 and offers up to £1 million in cover, protecting an unlimited number of carers if named on the policy. More than one individual with an ASD can be named on the policy - making it perfect for families.

For more details regarding membership and payment required call 020 7903 3563.

If you are already a member you should have received details - contact Roy Thomas on 01737 783 637 with any specific questions you have.

FestiviTea Party!

If you would like to help raise funds for the NAS and awareness of autism, whilst having fun, then why not hold a FestiviTea Party? For more info, call their fundraising team on 08456 783 658 or e-mail festivitea@nas.org.uk or go to <http://www.nasbranch.org.uk/nas/jsp/polopoly.jsp?d=1913&a=20439>

Three new resources from the NAS:

Involving people with Autism - a DVD with practical tips for professionals who want to engage people with autism in their work.

Your services, your say - a guide for people with autism, parents and carers about how to get involved in planning local services.

Supporting adults with autism - a good practice guide for NHS and local authorities. If you want a free copy of this, just e-mail campaign@nas.org.uk or call 020 7923 5799.

The branch has a copy of each of these resources, if you would like to borrow them just get in touch!

Other local branches & support

NAS Surrey Branch: www.mugsy.org or call Sara on 01483 822630.

NAS South Hampshire Branch: www.shantsnas.org.uk

NAS Alton Branch: contact Roberta on 07824 372034 or email alton@nas.org.uk

Support for parents of disabled children in Bordon: Run by parents at Hollywater School, call 01420 474396 or Stephanie.souidan@hollywater.hants.sch.uk

Sadly the **Basingstoke Branch** has had to close. Hopefully other organisations in the area will provide support to those who need it. Get in touch with us if we can help in any way.

Just Advocacy

Just Advocacy is a registered charity who offer independent advocacy for people with learning disabilities in North East Hampshire, West Surrey and Bracknell Forest. Advocacy is about having your say and 'speaking up for yourself'. Sometimes people need help to represent their views. This is where an advocate can help.

Go to <http://www.justadvocacy.org.uk/index.html> for more info or call 01252 322 204

Transitions

Is your young person in the transition process; planning for leaving secondary school and trying to work out what comes next? Are you getting the help you need? Or are you finding that the support promised never comes? If you are struggling or discovering that the provision you are looking for isn't easily available, please get in touch and let Nikki know. There is a possibility that the Hampshire Parents & Carers Forum can pass on concerns that parents/carers have and the issues that are most worrying to those in this situation.

"Autism in the frame"

This is a DVD made up of six 3 minute short films made entirely by teenagers with an ASD living in Kent. The young people's films look at both the positive and negative aspects of life with an ASD, with each narrative told through a chosen storytelling technique (either re-enactments of true stories, day-in-the-life documentaries or fictional representations.)

The branch has been given a copy that people are welcome to borrow, but if you would like your own copy get in touch with the Thanet Branch on thanetnasbranch@hotmail.com or call 07798 715839.

AFASIC study day

"Disorders of Language and Literacy - where is the overlap?" with Maggie Johnson
Monday 7th December 2009: Dame Judith Professional Centre, Sundridge Close, Cosham, Portsmouth, PO6 3JL.

Is it possible to separate a diagnosis of language disorder from associated conditions such as autistic spectrum disorder, dyslexia and dyspraxia?

This study day illustrates that often children with diagnoses of language disorder, autistic spectrum disorder, dyslexia and dyspraxia appear to have as much in common as they do distinguishing characteristics. Maggie presents a unique model of language acquisition which has helped teachers, parents and support workers to develop a greater understanding of both the complex issues involved in diagnosis, and their role in providing appropriate support. The implications for assessment and diagnosis of speech and language disorders are discussed, together with suggestions for both formal and informal assessment procedures.

Tickets cost: £25 for parents (£20 for Parent members of Afasic) or £85 for professionals.

For more info or to print a booking form go to www.afasic.org.uk/courses.htm#study alternatively, call 020 7490 9410.

Hampshire Families

Hampshire Families now has a new-look website with details of events happening in Hart & Rushmoor, as well as further afield in Hampshire. Whilst on the website, you can also access their new e-magazine which they hope will stimulate a wide range of family orientated discussions._

www.hampshirefamilies.org.uk



The 'Skills for Work with Disabled Children' Training Calendar 2009/10

These training sessions are for parents and professionals who are interested. Places are limited so it is advisable to book early to avoid disappointment. Course cost is £10 + VAT.

Date: Tuesday 8 th December 2009 Event: Autism Presented by: Sam Cousins & Angela Thompson, Hampshire Autistic Society Venue: Richards Room, The Rose Bowl, in Southampton	Date: Tuesday 2 nd March 2010 Event: <u>Part 1</u> - Physical Disabilities Presented by: Steve Gercke, Treloar Trust. Event: <u>Part 2</u> - Practical Manual Handling Solutions Presented by: Andrea Goddard & Kaz Lodge, Treloar Trust Venue: The Training Suite, Treloar College, Holybourne, Alton
Date: Tuesday 19 th January 2010 Event: Learning difficulties Presented by: Tracey Butler, Raise Mental Health Ltd Venue: Andover Room, Hilton Hotel, Basingstoke	

Places are limited so it is advisable to book early to avoid disappointment. Course cost is £10 + VAT. For further information and to book on these training events, please contact Kaz Lodge on 01420 547720 or karen.lodge@treloar.org.uk

Texting in an emergency

This is a trial service that lets deaf, hard of hearing and speech-impaired people in the UK send an SMS text message to the UK 999 service where it will be passed to the police, ambulance, fire rescue, or coastguard. Simply by sending an SMS message to 999 you can call for help and the emergency services will be able to reply to you. If this trial service is a success then the service will be launched during 2010. For more information and to register for the service (which you must do before you can use it) go to <http://www.emergencysms.org.uk> If you don't have internet access and would like more details, please get in touch with Nikki and she can send them to you.

Wizzy World special needs sessions

Wizzy World is back and under new management and open once again! They are planning to hold a regular special needs session, so get in touch with them for more info!

www.wizzyworld.co.uk or call 01252 371994

Siblings support group

This group is running on alternate Saturdays (the same ones as NAS Gaming Zone sessions) 10am - 12 at Farnborough Grange Infant School. It **won't** be running on the 2nd of January 2010, but will continue as usual on the 16th.

NAS Christmas cards:

The NAS have some wonderful cards to choose from this year: very special and exclusive! This year there are three designed by people with autism; Rudolph's Friend Reggie, A Partridge in a Pear Tree and Smiley Santa. There are plenty of other cards as well, including one for all the Thomas the Tank Engine fans.

<http://www.nas.org.uk/nas/jsp/polopoly.jsp?d=2381>



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. This is the newsletter of the Hart & Rushmoor Branch of the National Autistic Society. The National Autistic Society is a charity (No.269425) and a company limited by guarantee (No.1205298) registered in England, registered address 393 City Road London EC1V 1NG. All material is copyright Hart & Rushmoor NAS, but can be reproduced as long as you acknowledge the source.

Activities for 2010!!

We are already planning for next year and although there are plenty of ideas of places to go and things to do, we wanted to know what you would like us to organise for branch activities.

Activities:		
London Zoo special needs day - branch coach trip (this is usually on a Sunday in June)		
A meet-up at Disability Challengers in the Summer		
Regular meet-ups during school holidays - where works best for you: Farnborough? Aldershot? Fleet? Somewhere else:.....		
Fun session at Laser Run in Farnborough during school holidays		
Day out at Thames Valley Adventure Playground in Maidenhead (transport would be available for those who need it)		
Day of activity and adventure for those 8yrs+ (abseiling/canoeing/quad biking etc)		
A trip out on the Watercress Line (we can book a carriage for the branch if there is enough interest)		
Nature walk & pond dipping		
Bowling (Aldershot / Pine Ridge, Frimley / Camberley)		
Your idea:		
Your idea:		

Please let us know what you want us to plan - we can't guarantee to perform miracles, but we will always try!

Return to: **Nikki Smith, 26 Fleet Road, Farnborough, Hampshire, GU14 9RA**

Or e-mail to nikki@nasHandR.org



Hart & Rushmoor Branch

Children's Christmas party!

Sunday 13th December, 3.30 - 6.30pm

at Disability Changers Playcentre,
St James Avenue, Farnham, Surrey, GU9 9QF

This party is **free** but places are limited & **must** be booked in advance.

Parents are responsible for their children throughout the session.

Father Christmas will be in his grotto, so **please bring a small gift** (no more than approx £5 in value) **wrapped and labelled with your child's name** for him to hand out.

If your child is not keen on Father Christmas, please do let us know so that we can avoid mentioning him & make sure your child avoids the grotto!

There will be a buffet-type tea available (food contributions very welcome!) but if your child is on a particular diet please bring something suitable with you.

The play equipment is suitable for those **aged 12yrs & under, any siblings over this age are welcome to come along and be an extra pair of eyes!** Get in touch with us if you want to double check.

We can organise **transport** for those of you who need it - just get in touch with Nikki.

For more details contact Nikki on 01252 694934, text 07764 200446 or e-mail info@nashandr.org

For more booking forms go to www.nasHandR.org

✂.....✂

Children's Christmas party - Sunday 13th December 2009

Parent/carer's name:

Telephone no.:

E-mail address or home address:

Children's names, ages & difficulties:

Any issues with Father Christmas?

Any dietary issues we should know about?

Permission to take photographs and use them on our display boards and website? Yes / No

Return this slip to: **Nikki Smith, 26 Fleet Road, Farnborough, Hampshire, GU14 9RA.**

NatterS extra news

(Info that was available after the newsletter was printed!)

Parent Voice Basingstoke office open day

This will be a chance to meet the Parent Voice team, an opportunity to meet with other parents, demonstrations and information based on the Parent Voice website (www.parentvoice.info) and most importantly *you* will have the chance to tell them what *you* want from this exciting new service.



On Monday 23rd November, 2009, any time between 10am and 2pm at 4 Elmwood Parade, Elmwood Way, Winklebury, Basingstoke RG23 8LL. For more information please contact Liz Goodyer on 01329 823143 or email elizabeth.goodyer@barnardos.org.uk

'A for Film'

'A for Film' is a new Club for all Families with Special Needs Children (*Siblings and Parents are welcome*). The ethos is very simple ..., the lights will be up a little, the sound slightly down and all young people can clap their hands, shout express themselves and move around as much as they need.

Sunday 8th November 2009, 09:30 - 11:20 at The Vue Cinema (Oracle Shopping Centre Reading,) The Doors Open at 9.00am to buy Popcorn & Refreshments.

Film Running Time: 100 minutes. The cost is 95p per ticket and is open to all families with Special Needs Children. (All children must be accompanied by an adult) For more Details Contact Chris Roberts at chris_standby@hotmail.com or on 07711004034

(Please ensure that Chris has your email Address so you can be kept informed of Future Screenings and the progress of our Film Club)



Family Carers Network

Are you a relative or friend of someone with a learning disability aged 15 years or above?
Would you like to have your voice heard?

Would you like to meet other people in a similar position?

If the answer is "Yes" to any of these questions, then Carers Together would like to hear from you. They are developing a new network for Family Carers in Hampshire.

Please contact Carers Together:

Address: 9 Love Lane, Romsey, SO51 8DE

Tel: 01794 519495

Email: beth.rowley@carerstogogether.org.uk

Mob: 07920 506341

Challengers booking period for Spring term 2010

The booking period for Challengers Spring 2010 play and youth schemes is coming up - schemes running January to April 2010. Those of you on their mailing list should have received details of when to call and book places. If you are new to Challengers, get in touch with them as soon as possible to organise sessions for your child. The booking line number is 01483 230 939 and open 9.30am - 5pm.

There's also a Christmas play scheme at Farnham on 21st and 22nd December - call 01483 230 939 to book; Christmas Family Days at Challengers Farnham 28th, 29th, 30th December 2009, just turn up and play - £4 per child; Swim Club will be starting 12th December - as they now have a swim teacher! Call to book in the Spring booking period.

Play & Leisure Team: 01483 230 930

www.disability-challengers.org