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Issue 27

January/February 2012

Happy 2012!

The branch committee would like to wish everyone a happy New Year and we hope that we see all of you at some of our events this year.

The Ark collection in Princesmead

During February half-term and the following week, all donations dropped into the ark in Princesmead shopping centre in Farnborough will be given to the branch! Every bit helps us to keep going.



Huge thanks to.....

Marcus Lynn for donating 4 copies of Microsoft Office for our new laptops at The Zone.

Natwest Community Force - in case you haven't already heard, we were voted one of the top three groups in our area and therefore we were lucky enough to receive £6,275 to help fund our sessions at The Zone for 2012.



St Peter's Church in Farnborough for their donation from the Rushmoor Rotary carol service - we intend to put this to very good use at The Zone.

Committee contact details

Branch Officer:

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118 Fernhill Road, Farnborough,
GU14 9DR. 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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Facebook group

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

Other committee members:

Colin Smith (at Cyber Zone)
Cara & Alan Taylor
Karen Booth
Louisa Howarth (always helping!)

Would you like to join us or volunteer to help at The Zone? Just get in touch!

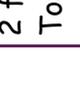


**** This newsletter is printed in colour thanks to the generosity of the Fleet Lions. ****

January 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
2	3	4 After School Zone: 2.45 - 6pm 	5 Admin Zone: 9.30am - 12pm Building Zone: 2.45 - 6pm	6 DLA Zone: 9.30am - 1pm	7 Cyber Zone: 9.30am - 2.30pm	8
9 Crafty Zone: 9.30am - 2pm	10 Coffee Zone: 9.30am - 1pm	11 After School Zone: 3.45 - 6pm	12 Admin Zone: Samuel Cody, 9.30am - 12pm Building Zone: 2.45 - 6pm	13 DLA Zone: 9.30am - 1pm 	14 SenseCere course - @ The Zone, 1 - 4pm, see pg 14. Part 1 of 2	15
16 Crafty Zone: 9.30am - 2pm 	17 Coffee Zone: 9.30am - 1pm	18 After School Zone: 2.45 - 6pm	19 Admin Zone: 9.30am - 12pm Building Zone: 2.45 - 6pm	20	21 Cyber Zone: 9.30am - 2.30pm	22
23 Help I'm being challenged course: Samuel Cody, 9.30am - 2.30pm	24 Coffee Zone: 9.30am - 1pm 	25 After School Zone: 2.45 - 6pm	26 Admin Zone: 9.30am - 12pm Building Zone: 2.45 - 6pm	27 Teen Zone! 6 - 8pm	28 SenseCere course - @ The Zone, 1 - 4pm, see pg 14. Part 2 of 2	29
30 Crafty Zone: 9.30am - 2pm	31 Coffee Zone: 9.30am - 1pm	<p>*** All "Zone" activities are held at The Zone, Samuel Cody Specialist Sports College, Ballantyne Road, Farnborough, Hampshire, GU14 8SS.***</p>				

February 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 After School Zone: 2.45 - 6pm	2 Admin Zone: 9.30am - 12pm	3 DLA Zone: 9.30am - 1pm 	4 Cyber Zone: 9.30am - 2.30pm	5
6 Crafty Zone: 9.30am - 2pm 	7 Coffee Zone: 9.30am - 1pm	8 After School Zone: 2.45 - 6pm 	9 5 ways course: 2 days of training, Samuel Cody, 9.30am - 2.30pm Building Zone: 2.45 - 6pm 	10 5 ways course: 2 days of training, Samuel Cody, 9.30am - 2.30pm	11 Laser-Run/Run-bout 6.15 - 8.15pm 	12
13	14 Fun Zone! 9.30am - 1.30pm 	15	16	17 2 fun sessions @ Tomlinscote sports centre, 1 - 2.30pm	18 Cyber Zone: 9.30am - 2.30pm	19
20	21	22 After School Zone: 2.45 - 6pm	23 Admin Zone: 9.30am - 12pm Building Zone: 2.45 - 6pm	24 Teen Zone! 6 - 8pm	25	26
27	28	29 After School Zone: 2.45 - 6pm				March 2012: 3rd; Cyber Zone 5th; Crafty Zone 6th; Coffee Zone 7th; After School Zone

Our activities...

Ceramic painting sessions

On 20th November we returned to Just Ceramics in Fleet for two more sessions of fun.

Everybody came to the studio upstairs, where they chose their ceramic item (some opted for plates, cups, cats, dogs and even penguins), then they decided upon their designs and colours and the creativity began!



It was lovely to see the effort and concentration that was put into each piece of art work (and the determination from the parents to complete their ceramics perfectly!)

The sessions were lovely and calm and we will of course be repeating this again next year.



The Zone!

Regular sessions

The regular sessions at The Zone have become increasingly popular; the Wednesday after school zones have more children attending each week and as they are drop-in sessions it means that a few children come straight from Samuel Cody school, some come as soon as they are collected from school and others come once they are home on school transport.

The trial Building Zones showed us that Lego is always popular and that our children love to build all sorts of things with the bricks. These sessions will be on every Thursday afternoon during term-time, but we also hope to run some during the holidays for those who cannot get to after school sessions.

The two Christmas sessions

Tuesday 20th December was Christmas craft zone and was incredibly popular! All of our new 3DS's, DSi's, PSP's and games were put to very good use by everyone who was there and it was great to see the big smiles.

We were delighted to see Simone Meade from General Electric (Oil & Gas) who came bearing presents for all of the children there..... everyone was amazed at what was in the parcels and were very appreciative too! The rest of the presents were distributed at the next session and made even more children smile. Below are just a few of the photos we managed to take but we are sending some to General Electric, along with a thank you letter, as we really feel honoured that they chose our group to receive all the gifts.

Christmas cyber zone on Thursday 22nd December was just as busy and lots of fun too! There were plenty of things to keep us all entertained and we also enjoyed eating the Cadbury's chocolates that were sent to the branch committee from NAS Head Office - huge thanks!



GE Oil & Gas



Inspiring
you
Activities For All
Hampshire
County Council

Christmas party!

The branch Christmas party on Sunday 4th December was very busy; there were plenty of eager children, ready for some fun and many donations of food for the party tea (thank you to everyone who brought things with them.)

Father Christmas and the elf didn't stop for the whole session, the face painter was in demand and Mr Giant was as popular as always, even in his snowman outfit.

A great time was had by all who attended and the feedback was still mainly positive and of course we will be repeating it again next year!

Apologies to those whose names were missing from the list at the door or the Father Christmas list - this was completely Nikki's fault due to being in hospital from the 2nd and at the time of the party - this definitely won't happen again.

Next year tickets will be issued to those who book in advance and only those with tickets will be let in on the day. We had too many families who turned up on the day without booking in advance which means that our branch risk assessments for numbers are compromised.



Mr Giant
(aka Alan Mercer)
www.MrGiant.co.uk
01420 472525



Mel the face painter:
www.RaspberryDesign.com
07809 441432

Donutting

We had 3 full donutting sessions on Tuesday 27th December. It was wonderful to see so many families enjoying themselves being active and using up some of the excess energy after Christmas. It was hard to tell who was having the most fun, the children or the grown-ups! (Only a couple of mums went home with sore bottoms from the bumps on the slope!)

A brilliant time was had by all, especially by those who simply came along to see what donutting was all about and ended up joining in the fun and loving it.



Roller disco sessions

On Thursday 29th December, we had 2 more roller disco sessions..... Oh, the falls, stumbles and crashes - luckily, none of them ended with broken bones!

The children had such a great time on wheels, some for the first time and others trying to remember how they did it the last time. Some parents enjoyed discovering if they could still skate, although their legs ached far more than they used to!



Feedback!

We always need your feedback on our events - this is so that we can tell Hampshire what worked well with the Inspiring You activities but also to help us to improve events for the next time. Please take the time to let us know if you have enjoyed our events; at the events, via Facebook, e-mail or by putting your comments in the white suggestion box at The Zone!

News for parents & carers

Facebook & Twitter

The branch Facebook group is constantly growing and is very active.. Please join us, introduce yourself, ask a question or simply read the other posts. Just go to 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.



Sessions for parents at The Zone!

The Zone during on weekdays is there for parents/carers who need to drop-in, for help with letter writing, form-filling, phone call making, as well as a cup of coffee, a chat or a good cry! Although our area of expertise is autistic spectrum disorders, we are happy to help those living with other disabilities too - just come along and join us.

Coffee Zone; Our weekly drop-in coffee sessions, where you are welcome to pop in at any point and have a coffee, chat and take a look at the branch library.

Crafty Zone; 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! We've tried sewing, knitting and card making so far.... Do you have any suggestions for us?



DLA Zone; Our DLA sessions have proved popular and parents are now receiving their DLA award letters and are delighted that their children are entitled! Please come along and let us help you complete the dreaded forms and get what you should have.



Admin Zone; These sessions are for doing all the things that you keep putting off - writing that letter (we have helped with letters about housing, speech therapy and more!), the phone calls to 0845 numbers (we have a phone you are welcome to use) and anything else you need help with.

Training courses @ The Zone!

Make sure you take a look at the flyers that are attached for training courses being held at the Zone in the next couple of months.

There's the SenseCere course, in 2-parts on Saturday afternoons, not one but 2 Ally John courses, "Help I'm being challenged" and "Five ways" as well as any NAS help! courses we are able to organise with NAS head office!

The Zone!

at Samuel Cody Specialist Sports College, Ballantyne Road, Farnborough, GU14 8SS

At all of our sessions at The Zone we have tea, coffee, juice and biscuits - but you are always welcome to bring your own nut-free snacks. Suggested donation is **£1 per child** at each session.

Cyber Zone

9.30am - 2.30pm on alternate Saturdays at The Zone. There are games consoles (PS3, Wii's, Xbox360), handheld games (PSP's, DSI's, 3DS's, laptops and android tablets). We also have an area for arts & crafts, Duplo and wooden train track for those who aren't keen on gaming.

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



After School Zone

Every Wednesday during term-time, join us at After School Zone! from 2.45 - 6pm. These are drop-in sessions for any ASD families. The suggested donation is £1 per child. The Cyber Zone equipment is there, arts & crafts and more.

Building Zone

Every Thursday, beginning on 5th January, during term-time, you can join us at Building Zone from 2.45 - 6pm. You are welcome to drop-in at any time during the session. There's Duplo, Lego, and hopefully some Technic soon for those who are older. The suggested donation is £1 per child. If models are incredibly precious, you are welcome to keep them for an appropriate donation in the tin!

Teen Zone

We are beginning a monthly Teen Zone session especially for those aged 11 years + who want to come along and play 12+ console games and socialise with those who are a similar age. We will have all the Cyber Zone equipment, as well as the pool table and a tuck shop too! The cost will be £1 per child & money for the tuck shop. Parents will need to stay at these sessions but we hope to be able to change this once it's an established activity.

Fun Zone

On Tuesday 14th February 2012, we will be at The Zone for a drop-in fun session to provide some much needed entertainment (and sanity for the parents!) for half-term.

Drivers wanted!

Many families struggle to get to The Zone and our other events too, due to lack of transport, so we are looking for parents who are prepared to undertake the MIDAS training course to be able to drive a Rushmoor Voluntary Services minibus and pick-up/drop-off families who want to attend some of our events.



Please remember our Branch Rules on page 8 - you are responsible for your children at all of our activities and you must supervise them at all times!

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.

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 and make payment to 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. If you wish to attend The Zone, contact Nikki first.

Please do not request places at events for your friends, if they want to come they need to contact us directly.

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.

The branch committee are usually taking photos, if you would rather not be included in the pictures please just let us know.

**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!

Care & Support Alliance lobbying to end the care crisis

The Care & Support Alliance (which is an alliance of over 40 charities and organisations with an interest in social care reform, including the NAS) is hosting the "End the Care Crisis: Lobby 2012" on Tuesday 6th March 2012. They are looking for people to join them at the Houses of Parliament for their campaign for social care reform. The alliance is clear that:

'Our care system is broken and needs urgent reforms. Older and disabled people are going without essential care and you and your families often face catastrophic care bills.

In April the government is due to publish its plans to reform the social care system. We need to put pressure on our MPs to make sure that they act now and reform our social care system'

Visit www.carelobby2012.org.uk for more information and to register to join the lobby.

From NAS Head Office:

50 years of the NAS!

"In 2012 we'll be celebrating our 50th anniversary, and we couldn't have got here without your support: thank you all so much. There's a great deal to celebrate but, as always, so much more still to do. Our birthday is Thursday 17th May - please put the date in your diary and look out for exciting ways to mark this important anniversary and to get involved."

H&R intend to mark the occasion, along with the 5th anniversary party of the Branch, by celebrating in style at Challengers in Farnham. We will hopefully have the play centre, youth centre and the field at the top to ensure there's enough space for everyone who wants to join us!

NAS helplines

The **Autism Helpline** - 0808 800 4104
Open Monday to Friday, 10am - 4pm,
e-mail autismhelpline@nas.org.uk
or go to www.autism.org.uk

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

Other local branches & support

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

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

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

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

BAGS (Basingstoke Autism Group): 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 or phone 02380 721206.

Gateway Card

It's really important that you sign up with Hampshire for their Gateway Card because as of 1st April 2012 everyone who attends our branch activities (several of which are funded by Hants Inspiring You money) has to have a Gateway Card number. Go to www.hants.gov.uk/gatewaycard and complete the form online or call 01962 846399.



*** For those of you not in Hampshire, who attend our events; you will still be able to attend branch events, but not at the HCC subsidised rate. We are still working on the logistics of this. ***

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 except for January, when it's on 10th. Go to www.sossen.org.uk for more info. If you can't get there, call their helpline on 020 8538 3731 for educational advice.



Autism Friendly Films

The autism friendly film sessions organised by Dimensions are continuing once a month; the next one will be Puss in Boots on Sunday 15th January 2012 at 11.30am. Our nearest cinema is the Odeon in Basingstoke. For more information about the screenings, go to www.dimensions-uk.org/autismfilms and to see the details on the Odeon site, go to www.odeon.co.uk/fanatic/film_times/s149/Basingstoke/ or call the Odeon on 0800 138 3315 to book your places.



Contact a Family SEN National Advice Service

Contact a Family has been awarded the Department for Education contract to include a Special Educational Needs advisory service within their existing range of services for families.



The new SEN National Advice Service will be staffed by experienced SEN advisers and will enable parents and carers to get one-to-one, in-depth and personalised advice on all education issues. The service will cover comprehensive advice on a broad range of issues related to special educational needs in any education setting, including: early years/portage; School Action and Action Plus; IEPs; statutory assessments; statements; transition planning; home education; bullying; exclusions; school transport and more. To contact the helpline phone 0808 808 3555 or email helpline@cafamily.org.uk The helpline is open Monday to Friday 9.30am - 5pm.

Parkside hairdresser!

There is now a regular hairdressing service available at Parkside Aldershot on Wednesdays from 4-6pm. Experienced support worker and qualified hairdresser Dawn will be on hand to provide haircuts for children and adults with learning disabilities. To make a booking call the Parkside Office on 01252 313103.



National Changes to the Disabled Parking Scheme

The system of issuing the Blue Badges changed on 1st January 2012. The badges will be of a new design and will be produced by a central secure process similar to a driving licence. The eligibility criteria have not changed. Fees for a new badge will remain at £2 until 1 April 2012 when they will rise to £10. For more info or to view the eligibility criteria go to, www.hants.gov.uk/bluebadge.htm





Inspiring You sessions at Connaught Leisure Centre

These sessions are continuing in 2012; 2-4pm, one Saturday a month especially for children with additional needs and their families.

Usually there's trampolining, a bouncy castle, badminton, table tennis and more!

For more info contact the centre on 01252 344438.

28th January 2012
25th February 2012

Fun House special needs sessions

Fun House special needs sessions are on the second Saturday of every month, 4-6pm. The next couple are: 14th January & 11th February. 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 20th January, 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.



AuKids

We have now subscribed to the AuKids magazine and the issues will be added to the resource library for members to borrow. For more info or to sign-up for yourself go to their website www.aukids.co.uk The cost is £10 for 4 quarterly issues.



Magic Castle

There's a new soft play centre in The Atrium, Camberley for those aged 12 years and under. The entry prices are £4.95 at off-peak times and £6.95 at peak times (weekends, holidays etc). The owners are currently looking into the possibility of a regular special needs session. For more info, go to www.magic-castle.co.uk or call 01276 27277.



Fizzy Kids sessions

Sadly these won't be continuing in 2012, but we would like to say a huge thank you to Chris and everyone at Fizzy Kids for running the sessions for 3 and a half years! So many families have thoroughly enjoyed being able to attend the sessions and they will be missed.



Challengers in Basingstoke

Challengers are now running a youth scheme for 13 - 18 year olds in Basingstoke at Viabes community centre. On Saturday's, Thursday evenings and there's also activity weekends too. For more info call 01483 579 390 or go to their website at www.disability-challengers.org



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 01252 837 112 or info@pagforspecialplay.co.uk

Medibands

Medical wristbands are great for those with allergies, medical conditions or taking medication, to provide instant information in case of an emergency. They are available in sizes small, medium and large to ensure they fit children and adults. Mediband also make wallet cards to let others know more detailed information, should it be needed. For more information go to www.mediband.co.uk



Useful things & websites!

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

Felicia highly recommends the Tangle Teezer... "My daughter loathes having her hair brushed; she has mega-thick hair and brushing always results in her spitting, biting etc. but I was recommended a "tangle teezer", they are £12 in Boots and wow! Even on her thick hair, wet or dry, it just glides no pulling its amazing even on my heavily bleached hair its amazing and the amount of hair loss after brushing is hardly anything." Available in various colours, Boots, from £11.99.



Cara is being incredibly organised and requesting that if you are getting rid of your Christmas cards soon, please can you donate them to The Zone for our Crafty Zones much later on this year? Not sure what she's going to have us all doing with them yet but I'm sure we'll find out soon enough!

Sharon posted "In a week or so we're starting Joshua's 'gluten free' diet...a bit nervous as I don't know what we are all letting ourselves in for!"

There were several replies.... Melissa said she "found Sainsbury's range of gf stuff to be very, very good."

Sarah added "may be worth buying 'Diet Intervention and Autism' by Marilyn Le Breton. That has been my bible since we went gf/cf."

Kris gave the advice that "her son was cautioned against going gluten free until all the tests were complete because they would not see the changes that they were trying to detect otherwise."

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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January & February 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.)



Saturday 11th February, 6.15 - 8.15pm

Laser-Run / Run-About session - exclusive use for our branch

Armstrong Way, The Fairway, Farnborough, GU14 0LP.

Run-About is for those under 10 years

Laser-Run is for those 6 years and over

The cost is £5 per child and this includes a cold buffet.



Friday 17th February, 1pm - 2.30pm

Roller Disco session or Bouncy castle & rope swing fun

Tomlinscote Sports Centre, Tomlinscote Way, Frimley, Surrey, GU12 8PY.

Roller Disco is suitable for those 4 years and over

Bouncy castle/rope swing session is suitable for those 12 years and under

The cost is £5 per person.



- There is the possibility of a couple of extra activities at half-term:
- A special needs evening at Intech in Winchester.
 - Indoor climbing wall sessions.



Details will be made available ASAP.

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 or 01252 694934 for more info.