



NAtterS

Hart and Rushmoor Branch newsletter

www.nasHandR.org

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Issue 30

July/August 2012

Huge thanks to...

Anna for riding to raise funds for our branch!

Anna, the sister of Sarah Perry (one of our longstanding members) took part in a challenging bike ride on Sunday 1st July, in the Maratona dles Dolomites; alongside 10,000 others, over 4 mountains, climbing 1,200 meters at 7 - 9% gradients and more than 45 hairpin bends! And all to raise funds for NAS H&R. We really appreciate all her hard work and effort! To see some photos or to add to her total, go to www.justgiving.com/AnnaCoverdale-Maratona

Lorna Owen & the Wendy Lawson evening

Huge thanks to Lorna Owen for organising such a wonderful speaker evening with Wendy Lawson and even more for having H&R collection tins and raising nearly £100 for our branch! So many people were enthused by the talk!

St Peter's Church

A huge thank you to the members of St Peter's Church in Farnborough for the £505.16 donation. We really appreciate it and will definitely put it to very good use.

Train walk 2012!! - please support us and help us to keep running!

Our annual fundraising event will hopefully be taking place on Sunday 2nd September at Frimley Lodge Park. We will be sending out more details ASAP!

Committee contact details

Branch Officer:

Nikki Smith
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

Gaye McGowan
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Newsletter editor:

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Event co-ordinators:

Gaye McGowan and Janette Cutler
events@nasHandR.org

Facebook group

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

Other committee members:

Colin Smith (at The Zone)
Karen Booth

Zone helpers:

Angie, Carol, Sara, Karin,



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

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

Accept difference. Not indifference.

July 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
2	3	4	5	6	7	8	
		After School Zone: 3 - 6pm	Building Zone: 3 - 6pm		Cyber Zone: 10.30am - 2.30pm		
9	10	11	12	13	14	15	
	Coffee Zone: 9am - 12.30pm	After School Zone: 3 - 6pm 	Building Zone: 3 - 6pm	DLA/Admin Zone: 9.30am - 12.30 Teen Zone! 6 - 8pm 		Manydown Farn fun day! 10am - 4pm	
16	17	18	19	20	21	22	
	Coffee Zone: 9am - 12.30pm (last before the holidays) 	After School Zone: 3 - 6pm	Building Zone: 3 - 6pm 		Cyber Zone: 10.30am - 2.30pm	Legoland outing! Meeting at the entrance at 10am	
23	24	25	26	27	28	29	
			Bocketts Farm outing! 10am - 5pm	Teen zone Swimming, 5 - 7pm (see page 5)			
30	31					<p>All Zone activities are based at: The Zone! @ Samuel Cody Specialist Sports College, Ballantyne Road, Farnborough, GU14 8SS. We are in the building as far to the right of the school site - with the Military College & Oak Farm Pre-School (look for the NAS arrows.)</p>	
	Laser-Run sessions 11am & 12pm						

August 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2 Meet-up @ Frimley Lodge Park (picnic) 11am by the play-ground - look for the NAS t-shirts!	3	4 Cyber Zone: 10.30am - 2.30pm	5 TVAP fun day 10am - 3pm 
6	7 Donutting 10.30am & 11.45am 	8	9	10 Meet-up @ Alice Holt (picnic) 11am meet us in the play area near café.	11	12 Challengers BBQ 4 - 8pm
13	14 Alton climbing wall 11am - 12	15	16 Fun Zone! 10.30am - 2.30pm	17	18 Cyber Zone: 10.30am - 2.30pm	19
20	21 Farnborough Bowling  12pm	22	23 Fun Zone! 10.30am - 2.30pm	24	25	26
27	28 Ceramic painting 11am	29	30 Fun Zone! 10.30am - 2.30pm	31	September: 1st - Cyber Zone, 10.30am - 2.30pm 4th - Coffee Zone, 9am - 12.30pm 8th - Day at Chessington (10am) 16th - Day at Thorpe Park (10am) 22nd - SenseCere course @ The Zone 22nd & 23rd - Runways End weekend!	

Our previous activities...

Anniversary party @ Challengers

On Bank Holiday Monday 7th May we had a fantastic party at Disability Challengers - we celebrated in style the fact that our branch has been running for 5 years and that the main NAS has now existed for 50 years! It was great fun in the play and youth centre and even though it was raining outside we still enjoyed the day.....with the bouncy castle indoors!

Here's to another successful year for the H&R Branch and many more for the main NAS too!



London Zoo trip

Once again, we had another great outing to the Special Children's Day at London Zoo on Saturday 19th May. There were three 100 seater coaches, all with very happy families on them (the goodie bags with fidget toys in helped!) Huge thanks to Hampshire County Council and Rushmoor Voluntary Services for their funding.



Diamond Jubilee Party

Although it was a wet Diamond Jubilee party on Sunday 3rd June, we still had a good day. We had all sorts of red, white and blue crafts, the trikers outside & all the Cyber Zone equipment inside. There were many masterpieces created at the art table too.



Huge thanks to Crumbs for the well designed cake to help us celebrate the day! It was chocolate fudge on the bottom layer and vanilla on the top and other than the feathers, it was all edible. We also really like their carrot cake at our Coffee Zone!



www.facebook.com/crumbsfarnborough or call 01252 542428.

Mel is the fantastic face painter from www.raspberrydesign.com or call 01252 626699.



Roller disco & Bouncy castle fun @ Tomliscote

On the 6th June we went back to Tomlinscote Sports Centre for another roller disco and also a bouncy castle session for our younger members. It was good fun for all, but the dancing at the end by Lewis was the best entertainment ever!



B&Q kids DIY sessions....

A huge thank you to Phil at B&Q in Farnborough for organising two fantastic kids DIY classes for our families on Saturday 16th June. We all had a wonderful time making a bird box or tool box and everybody was asking if we can do it again, so we will!



Hampshire County Council

Huge thanks to Hampshire County Council for Inspiring You funding towards many of our activities.



News for parents & carers

Facebook, Twitter & Pinterest

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.



 Find us on Twitter - just search for NASHandR and you'll find us.

We are now on Pinterest, a new online pinboard where we have pinned all sorts of useful info and links. Why not take a look at www.pinterest.com/nashandr and follow us?

Branch resource library

The library is always available at The Zone! and books can easily be returned there or at any of our events. Tell us if there's any titles you think we should add to our collection.



Sessions for parents at The Zone!

Please note there are no sessions for parents during the Summer holidays.

Coffee Zone; Our weekly drop-in coffee sessions, are for you to come along to at any point and have a coffee, chat and take a look at the branch library. You can stay for as long or short as you like.

DLA/Admin Zone; These sessions are will now be once a month and aim to help you fill in DLA forms and writing letters that you need to send but keep putting off! If you can't make it, then get in touch with Nikki to arrange an alternative session.



Makaton training; The next Beginners course is on Friday 28th September, 5th, 12th & 19th October 2012, 10am - 1pm. Places cost £80 for the four sessions and includes the manuals. If cost is an issue please get in touch with Nikki as we may be able to help!

Carers Together

Wendy Gannon is an Advocacy and Support Worker at Carers Together. She is able to help with completing forms, paperwork, writing letters and more. Contact her to see if she can help you. Her number is 01256 353290 (she will get back to you ASAP) or email wendy.gannon@carerstogether.org.uk



Hampshire Parents/Carer Network (HPCN)

The HPCN is an independent parent led group set up to ensure that the families and carers of children and young people with disabilities or additional needs can participate fully in the development of services within Hampshire.

It is important that the HPCN understand the key issues affecting your family so that they can ensure your voice is being heard and you and your child are being represented when decisions are being made about services and support you are receiving.

If you would like to be consulted on and provide feedback on issues within Hampshire please contact info@hpcn.org.uk or call Parent Voice on 023 8072 1206 to register your interest.



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

10.30am - 2.30pm (this is the new, later start time) 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: usually have the chance for those who are interested in Warhammer 40,000 to make a figure and paint it. All ages and abilities welcome - extra pairs of adult hands are always appreciated!



After School Zone



Every Wednesday during term-time (the last one before the Summer holidays is on 18th July), join us at After School Zone! from 3 - 6pm. These are drop-in sessions for families to come to when they want to. The suggested donation is £1 per child.

The Cyber Zone equipment is there, arts & crafts and more.

Building Zone

Every Thursday during term-time (the last session before the Summer holidays is on 19th July), you can join us at Building Zone from 3 - 6pm. You are welcome to drop-in at any time during the session. There's Duplo and Lego and we also have some of the Cyber Zone equipment too. The suggested donation is £1 per child. If models are incredibly precious, you're welcome to keep them for a donation in the tin!



Teen Zone

Teen Zone sessions are 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, air hockey table, table tennis 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. The 13th July is the last session before the Summer holidays.

Teen Zone are going out!

The Teen Zone group have decided to organise a Teen Zone Out session and it's swimming at Basingstoke Aquadrome, on Friday 27th July, 5 - 7pm. It's free for any child with a disability and a carer! (You will need to complete a form if you haven't already got a membership card.) www.basingstokeleisure.com/aquadrome/PriceList



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! **If you don't and there are issues we will have no option but to request that you do not attend.**

If cost or transport is an issue, please get in touch with us and we will try to help.

Fun Zone!

We will be at The Zone! For the last 3 Thursdays of the Summer holidays, 10.30am - 2.30pm, 16th, 23rd & 30th August. We have given up the venue for the first part of the Summer for the Kids Rushmoor playscheme. There will be the usual Cyber Zone equipment, arts & crafts, Lego and if the weather is dry we hope to have a bouncy castle outside too!

Manydown day

On Sunday 15th July we are heading back to Manydown Farm in Basingstoke for a repeat of last years special needs fun day. There's the huge hay bale to climb, pedal go-karts, trampolines, giant sand pit, tractor rides, inflatable slide, bouncy castle and of course the animals and maize maze. The cost is £7.50 per child (including all the activities) and adults go free. Check out www.manydown.co.uk for photos.

**Bocketts Farm day**

On Thursday 26th July we are going back to Bocketts Farm near Leatherhead for another family day out. There's plenty to entertain families there and we will also have the cherry orchard barns as our base for the day. Take a look at www.bockettsfarm.co.uk for photos of what's there!



Date has changed due to Olympic Road Race closing roads in Leatherhead on the 29th July!

TVAP day

It's that time of year once again when we head over to Maidenhead for a fantastic day at the Thames Valley Adventure Playground. If we're lucky and the sun is shining upon us we can have great fun in the water play area (swimming stuff/clothes to get wet in are a must!) as well as all the bikes, wooden fort, zip wire, sand pit, music room, sensory room, soft play area and more! Bring a picnic (there's no food available but we will have tea, coffee & juice). The cost is £6 per child and siblings are, as always, very welcome too! Look at www.tvap.co.uk for photos.

Runways End activity centre

As some of you will know, we were due to attend Runways End in March but this was postponed due to the burst pipes during the very cold weather. It has now been rescheduled for 22nd & 23rd of September. It will be an overnight activity weekend, with 5 activities (abseiling, climbing, archery, rifle shooting and low ropes course) all with an instructor and a maximum of 8 children in each group. The bedrooms have 2 sets of bunkbeds and we will aim to keep one family to each room. Lunches on both days will be just like we have at Cyber Zones and the evening meal is likely to be McDonalds for the kids and (probably) Chinese takeaway for the adults!

The minimum age for this event is 7 years (we may be ok with a few 6yr olds). The cost per person is £20 for the entire weekend - this is heavily subsidised by Inspiring You and the branch and therefore we are unlikely to be able to repeat it.

SenseCere activity day at The Zone!

The day offers children with additional needs themed and fun play, supported by experienced staff. Whilst the children are having fun and being cared for you get to join in a bespoke themed workshop - this one will focus on touch and will cover some of those tricky issues like haircuts and dressing. There are 2 sessions; Under 5's session 10.30am - 12.30. Over 5's session 1.30pm - 3.30pm. The cost is £5 per family. For more info or to book places, call Sharon Wilson on 01489 574731 or email sharon@sensecere.com



Branch rules

The aim of the National Autistic Society Hart & Rushmoor Branch is to support people with autism and their families. As parents and carers of people with autism, we volunteer our time to ensure that this support reaches the local areas of Hart, Rushmoor and a small part of Surrey. To help ensure that everyone gets the most from our branch activities, we would appreciate it if you would read and comply with the following:

What you can expect from your branch volunteers -

- They will adopt the National Autistic Society's core values, policies and procedures and fairly represent the branch.
- They will do all they can to create a safe and welcoming environment for all those attending branch events.
- They will treat all other volunteers and branch members with respect. Any physical, emotional, verbal abuse or rudeness towards other volunteers or branch members will not be tolerated.
- They will maintain confidentiality regarding the NAS, its employees, volunteers, branch members and its work.
- They will be reliable. They will make it clear when and how they will be available and meet these expectations, or provide as much notice as possible if they cannot.
- They will respond to queries within agreed time limits. This includes acknowledging all event bookings.
- They will listen to all branch member concerns and respond appropriately.

In return, we ask that all branch members -

- Treat all volunteers and branch members with respect. Any physical, emotional, verbal abuse or rudeness towards volunteers or other branch members will not be tolerated.
- Treat all branch property (including the venues we use) with respect and do not deliberately damage anything.
- Communicate with the branch volunteers. We ask that you tell us if you have any concerns and respond to our questions or queries within the agreed time limits. This includes ensuring that you pre-book for all events* and tell us how and when you will cover the cost (if there is one).
- Supervise and be responsible for their children at all times. As a result, they must do all they can to ensure that their children also follow this code of conduct.
- Pay in advance for branch events when booking places (for drop-in activities it is fine to pay on the day.) We can accept any of the following:
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
- Seek committee permission before taking photos at our branch events - and if you prefer not to have your photograph taken and used in our newsletter etc. Please let us know.

* When responding to advertised events on Facebook, do not just click "attending" as this does not guarantee you a place. Please send a message with the details required. All bookings will get a response confirming receipt and places.

If a branch member fails to comply with the above they may be asked to leave the branch and will no longer be able to attend activities. Equally, if a branch member has concerns over the conduct of a volunteer, these should be raised with the Branch Officer via nikki@nasHandR.org / 01252 694934 or through NAS Head Office via Alessia Mitchell on alessia.mitchell@nas.org.uk or 020 7923 5770.

By being a member of NAS H&R you agree to these rules - please contact us if you have an issue with this

NAS news!

The latest NAS survey reveals that despite increased awareness of autism, accessing a diagnosis remains a challenge for many people, leaving many families in uncertainty.

Of those who responded to the survey:

- 34% had to wait three years or more for a diagnosis after first raising concerns
- a further 30% said that it had taken between one and two years to get a diagnosis
- 55% said that it took too long to get a diagnosis

The survey also found that 1 in 10 respondents paid for private diagnosis, instead of waiting for an NHS diagnosis. The findings are contained in their 50th birthday report, *The way we are: autism in 2012*, available at www.autism.org.uk/50report

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

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.

www.autism.org.uk/autismdirectory

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

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

NAS Surrey Branch coffee morning

For those of you who are in Surrey and wanting to meet others in the area, there is a drop-in/ coffee morning on Tuesday 10th July in Camberley, 10am - 12pm. For more details contact Donna on 01276 670347. This is open to members and non-members.

Other local branches & support

NAS Surrey Branch: www.mugsy.org or call Emma 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: call 07435 751193 - the website is currently unavailable.

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. The Parent Voice participation worker for H&R is Claire Symington clairesymington@roseroad.org.uk or 07508 979 405.

Nikki on TV!

As you may have heard, at the end of March Nikki was whisked away to a hotel and spa overnight for some pampering, whilst the Channel 4 makeover show "You Deserve This House" swiftly emptied, redesigned and decorated her lounge, dining room, study and Iain's bedroom! Well the show was finally aired on Wednesday 27th June and should still be available to view on 4 on demand at www.channel4.com Huge thanks to everyone who came along to the Monkey Puzzle to watch the show - it was good to see those involved watching themselves on the big screen!

The yummy cake was a bonus too...



Gateway Cards

Have you got your Gateway Card yet? If you have, please let us know the number on it (you should only have to do this once and then it will be recorded on our database) as we will need to know it in order to provide Hampshire with the feedback for their Inspiring You funding.

Go to www.hants.gov.uk/gatewaycard and complete the form online or we have paper copies at The Zone.



SOS!SEN @ The Games Shop

The SOS!SEN volunteers will be upstairs in the Games Shop in Aldershot on the first Tuesday of every month, 10.15am - 12.15pm. This does not run in August but will hopefully return on Tuesday 11th September. They are there to provide independent advice on special educational needs and are incredibly knowledgeable. Go to www.sossen.org.uk for more details and a wealth of other useful information too! If you can't get along to the sessions, simply call their helpline on 020 8538 3731.

Autism Friendly Films

The autism friendly film sessions, organised by Dimensions, are continuing once every month. Our nearest cinema is the Odeon in Basingstoke. For more information about the screenings, go to www.dimensions-uk.org/autismfilms where you can also find help with how to make a social story about going to the cinema. To see the details on the Odeon site, go to www.odeon.co.uk/fanatic/film_times/s149/Basingstoke/ or call Odeon on 0800 138 3315 to book your places and free carers seats.



Kate Reynolds is a single parent with two children with additional needs. She has written some books that you may find useful...

Party Planning

"I've experienced lots of celebrations and social gatherings with my son. Many were memorable for the wrong reasons. All have caused enough distress to prompt me to write a handbook of tips and advice about planning and managing parties for autistic children and teens."

Sex and sexuality

"My second book for JKP will be about sex and sexuality and moderate to severely autistic children/teens (title still to be decided.) I'm keen that parents/carers get involved in telling me what questions they want answered or give me examples of when difficult situations have happened involving their autistic children. If you want to get involved, please check out my website: www.autismagonyaunt.com This site is directed at parents/carers of those on the autism spectrum and contains other information which you might find helpful."

You can also find Kate on Facebook and Twitter.

Research opportunity

Goldsmiths College, University of London are carrying out a large-scale study of people's experience of autism spectrum diagnosis in the UK. Their aim is to gather the most comprehensive range of experiences and opinions about diagnosis. This is to find out what makes a good diagnostic experience and what areas could be improved. Findings from the project may help inform future guidelines for diagnosing autism spectrum conditions in the UK. They will also be comparing the information they gather with data from 15 years ago to see if experiences have improved. You can find out more about the project at www.gold.ac.uk/psychology/research/asd-diagnosis

Useful things to know...

Eric bedwetting guide...

This is a useful guide for parents from ERIC (Education and Resources for Improving Childhood Continence) available from www.eric.org.uk - we have a printed copy in the library at The Zone. For information and support on bedwetting, daytime wetting, constipation and soiling and potty training call ERIC's Helpline - available 24/7 on 0845 370 8008 or email info@eric.org.uk

KIDS Rushmoor playscheme

The KIDS Rushmoor Activity Programme for 6 - 15 year olds. This year they will be at Samuel Cody Specialist Sports College, Farnborough (where The Zone is) from 30th July - 10th August and then at the West End Centre, Aldershot from 13th - 17th August. 9.30am - 3.30pm, the cost is £10.50 per day and a packed lunch required. Activities include: donutting, Birdworld, Camp Mohawk, bowling and more! Contact KIDS asap to book your places: jenny.plumb@kids.org.uk or call 01344 746 612. Jenny isn't always in the office so will usually reply to emails quicker than her phone messages.

Avon Tyrrell activity days

There are 2 new dates available; Monday 13th August and Tuesday 14th August.

These 2 one-day events are being held for families that have a child with a disability or special need who would like to enjoy an active day out filled with a variety of outdoor activities, joined by similar like minded families. These events are subsidised by Avon Tyrrell only, so open to all families.

Individuals - £10 (charged per person per day - only applicable to activity participants)

Family of 5 - £45 (charged per family per day)

There will be a full BBQ lunch available, (pre-ordered at a cost of £4 per person, or available on the day, £5 per person.) For those wishing to enjoy a short break, you can camp at £10 per pitch.

Pre-booking is essential, so to book your place, or simply to find out more, call 01425 672347 or go to www.avontyrrell.org.uk

Dyspraxia Foundation

This is a national organisation with useful info about symptoms, diagnosis and some practical solutions, as well as details of local groups. Call 01462 454 986 or go to www.dyspraxiafoundation.org.uk



Makaton free downloads

Did you know that Makaton produce some free topical downloadable resources? There's currently "the beach" and some nursery rhymes too.



www.makaton.org/shop

West End Centre Short Breaks activities

Street Dance - a fun workshop to try out your coolest moves, on Monday 20th August.

Drumming - make some noise and drum for fun as part of a group, on Tuesday 21st August.

Storytelling - join Lulu on a magical journey of storytelling, crafts & music, on Wednesday 22nd Aug.

Circus - learn to juggle, plate spin and diabolo, on Thursday 23rd August.

Art - sticky painty fun with a touch of collage thrown in too (dress for mess!), on Friday 24th August.

Each session runs from 10am - 12.30, for those aged 6 - 18yrs and costs £8.75.

Pre-visits can be arranged and you are able to take your own carers if required. The bar area will be open for tea, coffee and snacks. To book your places or to discuss your child's needs, call the West End Centre on 01252 330040.



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info@nasHandR.org

We're on the web!

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!

From our Facebook Group...

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

Toilet training aim balls

If your child needs a point of focus in the toilet to aim at, these might just help and make it a fun activity too.

Available in for £2.99 in Boots (pack of 2.)

www.boots.com/en/On-Target-Training-Balls-2Pack_1046522/



Practical OT ideas

This American website is full of practical activities for parents to try with their children at home to help improve their balance, co-ordination, fine motor skills and more. It's well worth taking a look to see if there's anything that might be useful.

www.therapystreetforkids.com

Anger management scale

Sara Hobbs found this very useful resource about learning to manage emotions. The pictures are simple and the traffic light colour scale also helps, red for furious, green for calm and various others in between. It is available to download for free at

www.therapics.org/free-resources

Social Care, Housing and Health guide - from Cerebra.

This Cerebra guide has been prepared for parents of disabled children who want to know how to get help for their child's social care, housing and health needs. www.cerebra.org.uk

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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July, August & Sept activities for those in Hart & Rushmoor!

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

Manydown Farm, Scrapps Hill Farm, Worting Road, Basingstoke, RG23 8PU

Date: Sunday 15th July 2012

Time: 10am - 4pm

Age: Any

Cost: £7.50 per child & adults are free (this price includes all the activities) Pay on the day!

Details: Bring a picnic or buy burgers, hot dogs or bacon rolls there!

There's the maize maze, various animals, the mega hay bale, giant sand pit, floor level trampolines, pedal go-karts, face painting, bouncy castle, inflatable slide and more!



Bocketts Farm, Young Street, Fetcham, Leatherhead, Surrey, KT22 9BS

Date: Thursday 26th July 2012

Time: 10am - 5pm

Age: Any

Cost: £6 per child & adults & under 2's are free (includes a bag of animal feed per child too)

Details: Plenty of animals, animal handling sessions, indoor soft play, pig races, trampolines, jumping pillow and much more! Some activities (tractor rides, pony rides & gold panning incur an additional cost) Food is available to purchase or bring a picnic, which you can safely leave in the cherry orchard barns, which are ours for the day.



Laser-Run, Armstrong Way, Farnborough, GU14 0LP

Date: Tuesday 31st July 2012

Time: 11am & 12pm

Age: 6yrs+

Cost: £6 per child

Details: We have exclusive use of the Laser-Run arena for 2 sessions. The lights will be on low, the smoke machine will be off and you can accompany your child if they need you to.



Picnic @ Frimley Lodge Park!

Date: Thursday 2nd August 2012

Time: 11am

Age: Any

Cost: Free, but you may want some money for ice cream at the cafe.

Details: Come along and join us for a picnic in the park. Look for the NAS t-shirts & balloons near the playground and you'll find us.



Thames Valley Adventure Playground

Date: Sunday 5th Aug 2012

Time: 10am - 3pm

Age: Any

Cost: £6 per child (under 2's are free)

Details: We have exclusive use of the wonderful TVAP. It is a fully secured indoor and outdoor playspace. See page 7 for more details. Remember a picnic and clothes for the water play area!



Donutting, Gallwey Road, Aldershot, GU11 2DD

Date: Tuesday 7th August

Time: 10.30 & 11.45am

Age: 4yrs+

Cost: £6 per person donutting

Details: We have exclusive use of the donutting slope for 2 sessions. Remember that long sleeves, long trousers and gloves need to be worn. Helmets are provided for those under 16yrs.



Payment **must** be made in advance -

via cash at meet-ups, cheque or Paypal (paypal@nasHandR.org)

Contact Nikki - nikki@nasHandR.org or 01252 694934 for more info.

And more H&R activities...

Picnic @ Alice Holt - we're meeting up with NAS Alton & Bordon Branch there too!

Date: Friday 10th August

Time: 11am

Age: Any

Cost: Free, but you will need to pay in the car park/some money for ice cream at the cafe.

Details: Come along and join us for a picnic in the park. Look for the NAS t-shirts & balloons in the playground nearest the cafe.



BBQ & fun afternoon at Challengers, St James Avenue, Farnham, GU9 9QF

Date: Sunday 12th August

Time: 4 - 8pm

Age: Any

Cost: £3 per person & £1 per item from the BBQ

Details: We have exclusive use of both the centres at Challengers in Farnham, with all the usual activities, a bouncy castle, jungle fun fun and a BBQ too!



Alton climbing wall

Date: Tuesday 14th August

Time: 11am - 12

Age: 6yrs+

Cost: £7.50 per child (places for this won't be allocated on a first come, first served basis)

Details: The sessions will have an instructor and only 4 children/teens to ensure that the wait is not too long between turns. Long sleeves, trousers and trainers are needed. There are limited places.



Fun Zones!

Date: Thursday 16th, 23rd & 30th August **Time:** 10.30am - 2.30 **Age:** Any

Cost: £1 per child

Details: All the usual Cyber Zone equipment, arts & crafts, wooden train track, Duplo, Lego and if the weather behaves itself we will have a bouncy castle outside too!

Bowling, Farnborough Leisure Centre, Farnborough, GU14 7LD

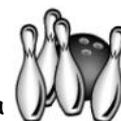
Date: Tuesday 21st August

Time: 12pm

Age: Any

Cost: £3 per person bowling

Details: We are going bowling at Farnborough Bowl, so come along and join us! If there's a particular friend or family you want to bowl with, just let us know and we will try to make it happen!



Ceramic painting, Fleet Road, Fleet, GU51 3BU (opposite the Harlington Centre)

Date: Tuesday 28th August

Time: 11am

Age: Any

Cost: £6 per item painted

Details: This is in the upstairs studio at Just Ceramics. Children (and parents if you want to!) can choose an item from a selection and paint it as they please. All finished items should be ready for collection from The Zone the following week, we'll let you know when.



Runways End activity weekend, 1 Forge Lane Aldershot GU11 2RE (off the A325)

Date: 22nd/23rd September

Time: Saturday 11.30am - Sunday 4pm

Age: 7yrs+

Cost: £20 per person (this includes 5 activities, overnight stay & food)

Details: We know this event will be popular, therefore we are not taking bookings on a first come, first served basis but will try to group the families to fill all the spaces available. Please get in touch to discuss this activity and bringing younger siblings etc.



Payment **must** be made in advance -

via cash at meet-ups, cheque or Paypal (paypal@nasHandR.org)

Contact Nikki - nikki@nasHandR.org or 01252 694934 for more info.