



# NAtters

Hart and Rushmoor Branch newsletter

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

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Issue 23

March/April 2011

As most of you will know, I have been busy organising several Inspiring You activities in Hart, Rushmoor, Alton and Basingstoke; details of the March events are on flyer attached. Applications have been submitted to Hampshire for more Aiming High funding - we have been successful with our bid to put together a branch sensory box and we are waiting to hear back about the one to buy even more equipment for our Gaming Zone sessions!

*Nikki Smith.*

### Raising funds for the branch!

Please remember that if you do your online shopping via this link - we get a percentage of the total that you spend! [www.easyfundraising.org.uk/nasHR](http://www.easyfundraising.org.uk/nasHR)

We also have a Just Giving page, which makes donating funds to our branch incredibly easy, go to [www.justgiving.com/nasHandR](http://www.justgiving.com/nasHandR)

This is a really simple way to organise sponsorship money for our sponsored walk in June - you can set up your own Just Giving page and as long as you make it clear it's for our branch, we will be given the money via NAS head office. Every penny really does go towards more activities.



### Committee contact details

#### Branch Officer:

Nikki Smith  
118 Fernhill Road, Farnborough,  
GU14 9DR. [Nikki@nasHandR.org](mailto:Nikki@nasHandR.org)  
01252 694934 / 07764 200446

*My mobile number will soon be changing to 07825280274, watch this space!*

(Please note: I am a parent of 3 boys on the spectrum and I do this in my spare time!)

#### Treasurer

Denise Rooney  
[d.rooney746@btinternet.com](mailto:d.rooney746@btinternet.com)

#### Newsletter editor:

Karen Smith 01252 647418

#### Education advice:

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

#### Event co-ordinators:

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

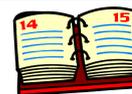
#### Facebook group

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

#### Other committee members:

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

Accept difference. Not indifference.



## Dates for your diary...

### March

**Tuesday 1<sup>st</sup> 5 - 7pm:**  
Special needs fun session  
@ Fizzy Kids.

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**Saturday 5<sup>th</sup> 10am - 1:**  
NAS Gaming Zone

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**Saturday 12<sup>th</sup>:**  
11am Watercress Line trip  
6.30pm Wizzy World night

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**Tuesday 15<sup>th</sup> 10am:**  
Coffee & chat @  
Costa in Aldershot

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**Saturday 19<sup>th</sup> 10am - 1:**  
NAS Gaming Zone

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**Saturday 26<sup>th</sup> 5.30pm:**  
Go-karting in Hart LC

### April

**Saturday 2<sup>nd</sup> 10am - 1:**  
NAS Gaming Zone

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**Tuesday 5<sup>th</sup> 5 - 7pm:**  
Special needs fun session  
@ Fizzy Kids.

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**Tuesday 12<sup>th</sup> 11.15am:**  
Donutting in Aldershot

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**Saturday 16<sup>th</sup> 10am - 1:**  
Gaming Zone, Farnborough

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**Sunday 17<sup>th</sup> 10am - 1:**  
Gaming Zone, Hook

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**Tuesday 19<sup>th</sup> 12pm:**  
Laser-Run, Farnborough

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**Saturday 30<sup>th</sup> 10am - 1:**  
NAS Gaming Zone

### May

**Tuesday 3<sup>rd</sup> 5 - 7pm:**  
Special needs fun session  
@ Fizzy Kids.

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**Saturday 14<sup>th</sup> 10am - 1:**  
NAS Gaming Zone

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**Tuesday 17<sup>th</sup> 10am:**  
Coffee & chat @  
Costa in Aldershot

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**Saturday 28<sup>th</sup> 10am - 1:**  
NAS Gaming Zone

### **London Zoo outing**

This year's special children's day is in September! Details will be in the July/August newsletter.

### **May fun day**

We are hoping to repeat the fun we had at Challengers last year on Bank Holiday Monday.....watch this space!!

### **Evening events**

We used to have evening meet-ups in a pub but attendance was hit and miss.

Would you like these to start again? Would you prefer speaker evenings? If yes, about what? Please give Nikki your ideas as she is running out of them!

Let us know what you want and we will try to provide.

### **Inspiring You activities!**

We are still enjoying events organised with Inspiring You funding; in January and February families enjoyed a variety of activities, as you can see on pages 4 and 5; ceramic painting produced many masterpieces, den building was wet and muddy, and the indoor climbing wall showed that some of our children are great with heights!



For this month, we have a trip on the Watercress Line and a special needs session at Wizzy World on Saturday 12th March, go-karting for under 10's in Hart Leisure Centre on Saturday 26th March at 5.30pm and the remaining activities are still to be confirmed. There will hopefully be a soft play session in Alton and a session at Go-Ape for over 10's - watch out for details on the branch Facebook page for more details.

Make sure you get in touch with Nikki to **book your places** at events as they are limited and all being organised so quickly. If you have attended any of our events, please fill in the attached feedback form and get it back to Nikki as soon as possible!

The money ends on the 31st March and at the moment there is uncertainty as to what comes next.

## Activities for children & young people

### Two NAS Gaming Zone sessions!

#### Hook:

10am - 1pm, one Sunday each month  
at The Base, Ravenscoft, RG27 9NN.  
£1 per child towards the venue cost.

#### Farnborough:

10am - 1pm on alternate Saturday's  
at Mayfield Community Centre,  
Totland Close, Farnborough, GU14 8TX.  
These sessions are free as the venue is free.



The games are suited to those 6yrs+ but there are several younger children who come along and play too. There are games consoles, handheld games and PCs. There is always plenty of tea, coffee, juice and biscuits (though donations of additional biscuits are always welcome!)

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

### 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. Parents must supervise their children closely at this event.

Please support these sessions or they will stop running.



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!

Donations are always gratefully received - even a pack of biscuits helps keep our costs down.

**Please remember that you are responsible for your children at all of our activities.**

### Train Walk 2011

In order to arrange all the activities we do and subsidise the cost, we desperately need help with raising funds for the branch. A really easy way to do



this is to join us for our annual sponsored Train Walk! We are hoping to be at Frimley Lodge Park on Sunday 5th June for a active walk through the trim trail, then back to the starting point to go on the bouncy castle. For the past 2 years we have run this event and each time we've all had great fun and good weather too. The next issue will contain full details and a sponsor form!



### Summer Holidays 2011

Does the thought of the 6 week break fill you with dread?

To help out, we are planning to repeat the annual day out at Thames Valley Adventure Playground at the end of July and possibly a Bank Holiday fun day at Challengers in August, but what would you like to be able to do each week? We hope to have found a suitable venue for a weekly meet-ups during the Summer with the go-karts, trikers and gaming zone equipment and then an activity like donutting or Laser-Run each week. What else would you like to do?

## NAS & Inspiring You activities!

### Special needs fun at Playdays in Basingstoke

On the first Bank Holiday Monday in the New Year, 3rd January, we held a hugely successful special needs fun session at Playdays in Basingstoke. There were 50 children and their parents/carers all under one roof, making new friends and enjoying themselves. Mr Giant made some wonderful balloon models - the floating bird on a perch kept us all looking up for ages! The food was perfectly timed and the children all sat down together and cleared the plates.

Playdays have a regular special needs evening on the 3rd Friday of every month, 6-8pm.



### Ceramic painting sessions

Just Ceramics in Fleet on Sunday 23rd January: What a fantastic session this was! It was amazing to see so many families in the upstairs studio and all working co-operatively with each other! There were some amazing masterpieces created and all of them were totally different! We will definitely do this one again (and there were several requests for a session for the grown-ups too!)



Ceramics Cafe in Basingstoke on Saturday 29th January: This session was quieter, perhaps because it was in such a hidden location, but everyone who came along produced truly unique pieces of art and had a fantastic time whilst doing so.



### Youth centre party at Challengers

On Sunday 30th January we had our rescheduled NAS (Christmas) party at Challengers Youth Centre. It was quiet to begin with but once everyone arrived there was plenty going on. The sensory room was a lovely calming experience, the art and craft table was chaos with paint, glitter, beads and necklace making, outside was very cold but still great fun was had on the climbing frame, rolling down the hill on the scooter boards and with a few games of basketball. Mr Giant kept us all entertained with plate spinning and balloon models.



### Special needs soft play in Alton

In the afternoon on Sunday 30th January, with the NAS Alton Branch, we had a good turn out of families at the Adventure Zone in Alton Sports Centre. There were several new faces and plenty of familiar ones too! We hope that this event will be repeated as it was good fun!



### Gaming sessions in Hook

The numbers have steadily increased at our three Sunday sessions at The Base in Hook. The Inspiring You funding for them has now run out so the NAS Branch are looking to use NAS funds so that we can still provide a drop-in session for the families who want it.



### Indoor climbing wall session in Alton

On Friday 11th February, after a busy day at school, several children and young people arrived at Alton Sports Centre ready for some hard work climbing up a 39ft high wall! For some it was a huge achievement to get their feet off the floor and others made it all the way to the top a number of times! We are working on organising a weekend session so that more people can come and join in.



### Laser-Run sessions



Our first activity on Monday in half-term was incredibly popular. We had 2 busy sessions with plenty of red-faced children and a few parents too! Children who had played before were eager, but took their time with those who were new to the game and everyone went home worn out!



### Alton ASD Stay & Play session

On Wednesday 23rd February, we joined the NAS Alton Branch for a Stay & Play session at the Alton Maltings. There were 29 children having a great time with arts and crafts, playing football, taking turns on the Playstation 2, riding trikes and scooters and having a picnic lunch too!



### Den building at Alice Holt



On Wednesday afternoon, in the rain and mud, we built dens in Alice Holt Forest with the help of Helen the ranger. Everybody learned how to make a safe and sturdy den and then to cover it in branches and leaves to make it waterproof. The children found logs to sit on in the dens and some bigger logs to make a see-saw!



### Bowling sessions

Friday of half-term was bowling day! There were plenty of families eager for a game of bowling and it didn't get too competitive....



### Feedback forms

If you haven't already completed a feedback form (or even a "child's details" booking form!) please complete the ones sent out with this newsletter and return them to Nikki ASAP. This information remains with the NAS Branch and confidential, but we need to show HCC the statistics of who came!

### Huge thanks to Hampshire County Council!

We couldn't have had such a busy couple of months without the Inspiring You Funding. The money has to be used up by 31st March 2011, so we have a busy month ahead of us but we hope more families will come along and join in the fun.

## News from Head Office

### The Education Bill

On Tuesday 8 February 2011, the Education Bill was debated for the first time in Westminster. The NAS briefed MPs on the Bill before it was debated and, as a result, the impact of the Bill on children with autism was raised a number of times during the debate. In particular, the NAS had expressed concerns about the replacement of Independent Appeal Panels for exclusions with Review Panels, which would not have the power to reinstate children who had been permanently excluded. You can read more on the NAS website at [www.autism.org.uk](http://www.autism.org.uk)

### NICE draft guidelines for NHS diagnosis of autism

The National Institute for Health and Clinical Excellence has produced draft guidelines for the NHS about the diagnosis of children and young people with ASDs. For more details go to [www.nice.org.uk/guidance/index.jsp?action=folder&o=52732](http://www.nice.org.uk/guidance/index.jsp?action=folder&o=52732)

### The Autism Show, 24th - 25th June 2011, ExCel London

The Autism Show, in association with the NAS, is the first national event dedicated to autism for parents, carers, professionals and individuals on the spectrum. Visitors can register their interest in booking a ticket by visiting [www.autismshow.co.uk](http://www.autismshow.co.uk) prior to the box office opening in mid April. NAS members can receive a ticket discount by quoting the reference code TAS2. Group discounts are also available for bookings of 10 or more per order.



### Autism Helpline 0845 070 4004

information, advice and support for people with autism and their families

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)

For Community Care issues call  
the helpline or e-mail your enquiry to  
[communitycare@nas.org.uk](mailto:communitycare@nas.org.uk)



### Autism Services Directory

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

The NAS Parent to Parent line  
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.

Advice on **educational** issues for parents whose  
children have autism or Asperger syndrome  
0845 070 4002

### Other local branches & support

NAS Surrey Branch: [www.mugsy.org](http://www.mugsy.org) or call Sara on 01483 822630.

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

NAS Alton Branch: contact Gail on 07824 372034, email [alton@nas.org.uk](mailto:alton@nas.org.uk) or [www.nasalton.com](http://www.nasalton.com)

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

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

AFASIC helpline: 08453 555577

Parent Voice: [www.parentvoice.info](http://www.parentvoice.info) or phone 01256 472767.

## News for parents & carers

### Coffee Mornings

We all know how important and enjoyable it can be to chat to other parents/carers so we get together every other month at one of the local coffee shops. See page 2 for where and when. Let Nikki know if you have a suggestion of where our next coffee morning should be.



### Facebook group

The branch Facebook group is a good place to find other parents in similar situations, as well as get any info we have as soon as we have it! Feel free to 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 and you'll find us.



### 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 (next one is Tuesday, 5th April), 10.15am - 12.15pm. 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.



### Branch resource library

The branch library will be at our Gaming Zone sessions, so come along if there's a book you want to borrow/return.

Let us know if there is something in particular you are looking for, we may have it or be able to purchase it.



### Carers of those with epilepsy

This may be relevant for some members: The epilepsy society are conducting a survey about the needs of carers of people with epilepsy. Tell them your caring experiences by going to [www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk) For more info call 01494 601 444 or [rona.eade@epilepsysociety.org.uk](mailto:rona.eade@epilepsysociety.org.uk)

### Sensory equipment...

Thanks to some additional funding from Hampshire County Council, we are in the process of purchasing various toys, gadgets and pieces of equipment to use at our meet-ups. Items include a portable bubble tube, a space projector, weighted lap pads and blankets, massaging bugs, lycra body sox and much more!

These items will be incredibly useful to try out if you are thinking of purchasing any of them; that way you can see if they will be suitable before you spend the money.

### Confused by all the talk of changes to benefits?

To help parents make sense of the recent welfare reforms announced by the Coalition Government and what the changes will mean for them, Contact a Family has produced a free guide to Future Benefit Changes. The changes will impact on all families with a disabled child. While some of the changes will not take effect for a year or two, others will start to impact from this April - including changes in housing benefit for many private tenants, and a number of tax credit cuts including reduced help with childcare costs. The guide is available free from the Contact a Family Helpline on **0808 808 3555**.

### Odeon cinemas - disability booking line

Odeon cinemas do not have the facility to book a free carers cinema ticket using their website but they do have a free 'dedicated' phone number to call so that you can pre-book all your tickets and get a free carers ticket.

Simply call 0800 138 3315, open 11am - 8pm. Huge thanks to Hilary for finding this out and spreading the word! :o)



### Cinema Exhibitors' Association Card

This national card entitles the holder to one free ticket for a person accompanying them to the cinema. To be able to apply, the cardholder must satisfy one of these criteria:

- Be in receipt of disability living allowance
- Be a registered blind person

The card costs £5.50 and is valid for 3 years. For more information go to [www.ceacard.co.uk](http://www.ceacard.co.uk) or call 0151 348 8020.

One member, Beverly, found this poem and wanted to share it with others, it's also on the NAS website. Brian wrote this for his daughter about his grandson who has Asperger's Syndrome.

#### "My name is Charlie"

My name is Charlie; I'm different to you  
I don't see the world the same as you do.  
You see a classroom and I see a chair,  
I don't always notice what else is in there.  
Too much information keeps coming my way  
It's so hard to cope with, day after day.  
You show me so much that I don't always see  
One step at a time is the best thing for me.  
Bright lights and loud noises upset me so much  
An unusual smell, or somebody's touch.  
When you look in my eyes and I'm looking away  
I'm not being rude if I don't hear what you say  
I'm not being awkward; I'm just doing my best  
I'm striving so hard to be just like the rest.  
The times when you think I've not really tried  
If only you knew how that hurts me inside.  
I want you to like me the way I like you  
If only you saw things from my point of view.  
Your life and my life both run parallel  
Yours seems like heaven, mine's sometimes hell.  
Whenever you're frustrated at the things that I do  
Remember  
You could have been me and I could have been you.  
© B.J. Webb. 2007

Editors note: I don't know about you, but I needed the tissues after reading this one!  
Please show this to anyone you think it might help to understand autism.

### Fun House, Basingstoke

This indoor playspace is still closed due to a flood earlier this year. They hope to be ready for the special needs session on the second Saturday of the May, but we will let you know. For more details call 01256 471066 or go to [www.funhousebasingstoke.co.uk](http://www.funhousebasingstoke.co.uk)

### Playdays special needs night

On the 3rd Friday of every month it's special needs night at Playdays. 6pm - 8pm in Basingstoke (RG24 8NF.) Entry is £3 for under 4's and £3.50 for those over 4 years or go for the Meal Deal - a hot kids meal for an extra £3! For more info call Playdays on 01256 346173.

### Your experiences of caring

- tell it like it is!

Carers UK is conducting a major new research survey to examine the State of Caring in the UK. They need evidence on the impact of caring for ill, frail or disabled loved-ones on carers' health, wellbeing, careers and finances.

Please take the time to fill in the online survey about your experiences of caring at [www.surveymonkey.com/stateofcaring](http://www.surveymonkey.com/stateofcaring)  
The survey closes on 21st March 2011.

# Yellow cards in Hampshire!

We included the details below, about how to get a yellow card, in the previous newsletter. Many of you got in touch to say that you had never heard of it, or to ask where you could use it to get a discount that we thought we would include it again.

## How to get a yellow card:

To obtain one for your child, call 0845 603 5620. You will have to talk to a social worker or support worker who will ask you questions about your child. If your child has a social worker, receives middle or high rate DLA or attends a special school the process is simple and your yellow card will be produced quickly. If you don't meet those criteria, you can still get a yellow card but you will need to give them permission to contact your GP or any professional who knows your child and their issues. A form will be sent to you, and to the professional and once you have returned them, you should eventually get your card through the post.

## Where you can use your yellow card:

Try it wherever you go! Some places will automatically recognise it and give you a concession, others may not have seen one before and therefore need to look at it and see what discount they can offer!

Nikki is trying to compile a list of places who recognise the card and the concession they provide - so please get in touch if you have a success to share and it can be included in the "useful things to know" booklet.



## Hart District leisure centres disabled concession

Hart District Council will provide anyone living within the Hart district who is classified as disabled, under the Disability Discrimination Act 1995, free use of Hart District Council's leisure facilities. This includes general swimming during the public swimming periods, casual gym sessions, gym induction and racquet sports, during open hours.

To qualify you will need to provide:

- Middle or higher rate of the Disability Living Allowance
- Severe disablement allowance.
- Attendance allowance or
- A personal letter from a GP.



Should it be needed, the applicant will be allowed a training partner/carer who will also be granted free access when accompanying them.

Membership is renewable every 6 months.

For more info go to [www.hart.gov.uk/disableda5-3.pdf](http://www.hart.gov.uk/disableda5-3.pdf) or ask for details at any Hart District leisure centre.

# Hampshire consultations

## Consultation on changes to Home To School Transport

Managing the Home to School Transport (HTST) service to meet the individual needs of all entitled pupils is a major undertaking for the County Council. Your views are sought on proposals to change some aspects of the policy with effect from September 2012.

The proposals will ensure that the County Council's policy reflects its statutory duties to provide HTST to those children who meet the eligibility criteria but some changes could be made to the discretionary aspect of the current policy.

For more info go to [www3.hants.gov.uk/consultationonhometoschooltransport](http://www3.hants.gov.uk/consultationonhometoschooltransport)

Please send your comments on the proposals by completing the [online form](#). If you're not online, call 01962 846153. The deadline for the receipt of responses is **Friday 8th April 2011**.

## Children's centres consultation

Hampshire County Council is proposing a number of changes to how our children's centres are managed in order to continue to provide the best service for families with children under five.

To read more about it, go to [www.hants.gov.uk/2011-consultation](http://www.hants.gov.uk/2011-consultation) and complete the response form. If you're not online call 01962 847651.

The deadline for responses is **Monday 14th March 2011**.

Nikki attended the consultation event in Rushmoor and the information given was that the children's centres are not being closed - some are being merged, but if there is a purpose built centre it will remain as otherwise Hampshire have to pay back the Sure Start grant that paid for it! They are hoping that by clustering the children's centres together (there will be 8 in a cluster for Hart & Rushmoor) the staffing costs can be reduced by having one person managing all 8 and sharing an admin team.

## Learning Disability consultation

HCC has 9 residential homes which provide long stay residential care, planned respite care and crisis care for adults with Learning Disabilities. It also manages 12 main day services. Currently, 423 people with learning disabilities access planned respite services provided by HCC. 26 people live in long term care and there are 23 people currently using the council's crisis care beds. 802 people with learning disabilities attend the County Council's day services.

Their consultation includes two sets of proposals. One related to day services and one for residential services.

- **Day services:** Proposals are to relocate day services to modern venues that are fit for purpose and are more integrated into the community, focussing on specialist provision for those with complex needs and offering wider choices for less disabled service users.

- **Residential services:** Proposals are to refocus residential respite services on those with complex needs and to offer those who are less disabled a wider range of choices of respite care.

This closes on **Wednesday 16th March 2011**. To read the full proposal documents, go to

<http://www3.hants.gov.uk/adult-services/aboutas/consultation-involvement/consultation-outcomes/learningdisability-consultation.htm>

# Parent Voice info



## New look website

Parent Voice has relaunched their website! [www.parentvoice.info](http://www.parentvoice.info) is now more user friendly, has a search function, calendar of events and a member's area with message boards where you can communicate with other Parent Voice families. Even if you were registered on the old site, you will need to re-register on this new one. On the plus side, you can now tell the site to remember your password (one of Nikki's biggest problems with the old site!) and post messages about topics that are important to you or questions you need answering about special needs/disability issues. Take a look and see what you think.

## Buddy scheme

Parent Voice have extended the criteria for their buddy scheme for children/young people aged **7 years** and over. If you have a child who attends a special school, receiving higher rate DLA or would do so if you were to claim it, then you are entitled to 10 hours of "buddying".

The **deadline to apply is 14th March 2011**, so be quick!!

Buddies will be a paid worker supplied by a local organisation and paid for by Parent Voice and up to 100 miles of travel costs will also be paid for. The Hours must be used up by 31st May 2011.

You will need to complete a form and send it to Parent Voice, they will then send you an info pack with details of approved providers. It is then up to you to discuss your child's needs with your chosen provider and they will invoice Parent Voice for the hours.

You will be responsible for funding the activities your child and the buddy attend and any miles over the allotted 100. The organisations will be providing a buddy for your child, not a carer - so make sure you clarify this with them beforehand.

For more information, contact Parent Voice in Basingstoke on 01256 472767.

## Parent Voice Forum

The Forum are still meeting regularly and desperately need more parents to come and take part. If you live in Hampshire and have a child or young person with a disability of any sort then the issues discussed will be relevant to you and your input is needed.

Meetings are usually held during the day at the Winchester Vineyard. For more info contact the Forum secretary, Sally Dace, on 07771 459148 or [sallydace@roseroad.org.uk](mailto:sallydace@roseroad.org.uk)

## Paultons Park

Did you apply to Parent Voice for free tickets to Paultons Park? If you did and didn't hear back from them, weren't told that names were being entered "into a hat", didn't receive the flyer through the post in time to apply or any other issues, please contact Nikki. She has already heard from several of you who are not happy and is putting together a letter of complaint to Parent Voice/Barnardos regarding the whole situation.

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!

### Curved toothbrushes

Has anyone tried these toothbrushes? The website says that the curved design means it cleans all three surfaces of the teeth with a simple backwards and forwards motion. They cost £5.05 on the website or call 01934 862 415 for more info.

[www.colliscurve.co.uk/site/12.asp?thissection=5](http://www.colliscurve.co.uk/site/12.asp?thissection=5)



### [www.Do2Learn.com](http://www.Do2Learn.com)

This website provides free downloadable resources for people with disabilities, their parents, carers and professionals who work with them. Sections include communication pages which can be used full size as colouring pages or in smaller versions as prompt cards which can be printed out and laminated to explain activities in step by step pictures.

### [www.VisualAidsForLearning.com](http://www.VisualAidsForLearning.com)

Free downloadable aids - they look incredibly useful; as well as morning and evening routines, food and school issues, there is also a section for adolescents. Topics include; my feelings, my changing body, personal space and when I have a period.

### [www.Triangle.org.uk/howitis](http://www.Triangle.org.uk/howitis)

"How it is" is an image vocabulary that has been developed to help children communicate about a range of important issues. It is an image vocabulary for children about feelings, rights and safety, personal care and sexuality. This has been developed by Triangle and funded and supported by the NSPCC. Take a look at the website or call 01273 305888 for a booklet.

### [www.Ebay.co.uk](http://www.Ebay.co.uk)

If you search for autism resources on Ebay, you will find various that others have printed and laminated and done all the work for you. Well worth it if you lack the time or energy.

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