



# NAtters

Hart and Rushmoor Branch newsletter

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

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Issue 28

March/April 2012

Changes to branch membership!

As some of you will already be aware, the branch committee has decided that the Hart & Rushmoor Branch needs to be realistic about how many families we can support. Therefore we are politely requesting that those of you in Alton and Basingstoke areas join your local NAS branch and make use of their support and services. Details of other branches are on page 9. **We know that some families aren't and won't be happy about this decision but as a voluntarily-run group, we can't please everyone and we have to do our best to help the 300 members in H&R.**

**Special Children's Day at London Zoo 2012!**

We are so excited to announce that we are going to London Zoo again this year, on Saturday 19th May - **which isn't a Cyber Zone day!** See page 7 for more info.

Huge thanks to...

Homestart North East for their donation of £250 and to 8th Cove Brownies who raised £185 for us too. We also want to say a big thank you to everyone who put their pennies in The Ark in Princesmead - we have collected the money and will be counting it all soon!

### Committee contact details

Branch Officer:

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

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[events@nasHandR.org](mailto:events@nasHandR.org)

Facebook group

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

Other committee members:

Colin Smith (at 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. \*\*

March 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			<p>1 DLA Zone: 9.30am - 12.30 Building Zone: 2.45 -6pm</p>	<p>2 Makaton course: 9.30am - 12.30</p>	<p>3 Cyber Zone: 9.30am - 2.30pm</p>	4
<p>5 Crafty Zone: 9.30am - 12.30pm</p>	<p>6 Coffee Zone: 9.30am - 1pm</p>	<p>7 After School Zone: 2.45 - 6pm </p>	<p>8 Afasic event @ the Rosebowl Building Zone: 2.45 -6pm</p>	<p>9 Makaton course: 9.30am - 12.30 Teen Zone! 6 - 8pm</p>	<p>10 Caterpillar Crafts @ The Zone - 10.30am-12</p>	11
<p>12 Mustard Seed - Social Stories 10am - 12pm + extra time to make your own story!</p>	<p>13 Coffee Zone: 9.30am - 1pm</p>	<p>14 After School Zone: 2.45 - 6pm</p>	<p>15 Crafty Zone: 9.30am - 1pm Building Zone: 2.45 -6pm </p>	<p>16 Makaton course: 9.30am - 12.30</p>	<p>17 Cyber Zone: 9.30am - 2.30pm</p>	18
<p>19 Admin Zone: 9.30am - 12pm</p>	<p>20 Coffee Zone: 9.30am - 1pm </p>	<p>21 After School Zone: 2.45- 6pm</p>	<p>22 Crafty Zone: 9.30am - 1pm Building Zone: 2.45 -6pm</p>	<p>23 Makaton course: 9.30am - 12.30 Teen Zone!</p>	<p>24 Laser Storm @ Fun House, 4 - 6pm <b>Dad's Zone</b> 6 - 10pm</p>	25
<p>26 Admin Zone: 9.30am - 12pm</p>	<p>27 Coffee Zone: 9.30am - 1pm</p>	<p>28 After School Zone: 2.45- 6pm</p>	<p>29 Crafty Zone: 9.30am - 1pm Building Zone: 2.45 -6pm</p>	<p>30 DLA Zone: 9.30am - 1pm </p>	<p>31 Cyber Zone: 9.30am - 2.30pm</p>	1st April

April 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
2 Fun Zone 10am - 3pm World Autism Day!	3	4	5 Laser-Run/Run-About, 6.15 - 8.15pm	6 No Teen Zone!	7 Pine Ridge Bowling 11am 	8
9	10 Fun Zone 10am - 3pm	11	12 Donutting fun! 10am & 11.15am	13	14 Cyber Zone: 9.30am - 2.30pm	15
16 Mustard seed course Social Stories 9.30am - 12	17 Coffee Zone: 9.30am - 1pm	18 After School Zone: 2.45 - 6pm	19 help: First Steps Teens 9.30am - 2.30ppm Building Zone: 2.45 - 6pm	20 DLA Zone: 9.30am - 1pm Teen Zone! 6 - 8pm	21 Look Out evening 5 - 8pm <b>Dad's Zone</b> 6 - 10pm 	22
23 Admin Zone: 9.30am - 12pm	24 OT talk@The Zone 9.30am - 12	25 After School Zone: 2.45 - 6pm 	26 Crafty Zone: 9.30am - 1pm Building Zone: 2.45 - 6pm	27 DLA Zone: 9.30am - 1pm	28 Cyber Zone: 9.30am - 2.30pm	29
30 Admin Zone: 9.30am - 12pm	<p>*** <b>All "Zone" activities are held at The Zone,</b>                      Samuel Cody Specialist Sports College, Ballantyne Road,                      Farnborough, Hampshire, GU14 8SS. ***</p>					<p>May 2012:                      Friday 4th: Teen Zone!                      Bank Holiday Monday 7th: Challengers fun day!  <b>Saturday 19th: Special Children's Day @ London Zoo</b></p>

## 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](http://www.facebook.com) and search for NAS Hart Rushmoor in the "groups" section.



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

### Branch resource library

We are asking everyone to please return library books before the end of March so that we can go through them all and find those which we are missing, need replacing or that we should buy more copies of. Please let us know if there are any titles you think we could add to our selection. The library is always available at The Zone! and books can be returned there or at any of our events.



### Sessions for parents at The Zone!

The Zone on weekdays is there for parents/carers who need to drop-in, for help with letter writing, form-filling, as well as for a cup of coffee, a chat or a good cry! Although our area of expertise is autism, we are happy to help those living with other disabilities too.

**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.

**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!**

Do you have any suggestions for us? **\*\*These will now be on Thursday!\*\***



**DLA Zone;** Our DLA sessions have proved popular and many parents are now receiving their DLA award letters and are delighted that their children are entitled!

**Admin Zone;** These sessions are for doing all the things that you keep putting off - writing that letter or making that phone call! **\*\*These will now be on Monday's\*\***



**Dad's Zone;** The monthly Dad's Zone night is proving to be popular (huge thanks to Alan!) and they also have their own Facebook group too, search for "NASHandR Dads Zone" in the groups section.

### Training courses @ The Zone!

We have NAS Head Office coming for more help! courses; First Steps for Teens on Thursday 19th April and Teen Life on Thursday 17th May. Places cost £20 per family.

A new local charity, Mustard Seeds, are coming once a month to run a session on topics such as writing social stories, using PECs, visual timetables/structures and more! The first session is on Monday 12th March and is called Supporting Social Understanding. The cost is £5 per person.

Following on from our Makaton Beginners course, we are looking into running the next course to enable parents to learn more, let Nikki know if you are interested.

On 24th April we have experienced Occupational Therapist, Alison Cairns, coming to talk about sensory processing disorders and how to help our children. Again this is £5 per person.

Get in touch with Nikki for more info or to book places on any of the above.

# 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 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, 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 have started fortnightly Teen Zone sessions 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 but we hope to be able to change this once it's an established activity.**

Teen Zone outings..... some of the parents at Teen Zone are looking into organising some outings for the Teens and would others think; would a session swimming work? Or an evening at Laser-Run? Tell us your ideas and suggestions!

## Fun Zone! during Easter Holidays

For World Autism Day on Monday 2nd April, we plan to be at The Zone! and have a fun session with all the usual equipment and activities and hopefully an egg hunt in the outdoor space too!

On Tuesday 10th April, we will be at The Zone with all of the Cyber Zone equipment and ready for another day of fun and sanity!



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

Donations of biscuits are always appreciated :o)

### Our activities...

#### Laser-Run & Run-About

What a busy evening we had on Friday 11th of February at Laser-Run and Run-About. We had the whole centre just for branch families to come along and have some fun; those in Laser-Run had a great time and several of the grown-ups joined **the teams to try to help (we're not sure if they did or not, but they certainly got very red faced trying!)** In Run-About it was very calm and lovely to see the



**children able to have fun when it wasn't too busy or noisy**

- again, there were plenty of adults joining in the fun and having a good time!

Feedback was so good for this event that we have booked it again for the Easter holidays (with the addition of chips!)



#### Intech

The fun we had at Intech! On Thursday 16th February, we joined the NAS Basingstoke and Alton Branches at Intech for an exclusive use session just for families living with autism. We had 22 families use the 70 tickets we had for the event and were delighted that everyone turned up and thoroughly enjoyed themselves! H&R are planning to run another Intech evening in October half-term.



#### Roller disco & bouncy castle/rope swing

On Friday 17th February we had another successful (well, **there weren't any broken bones!**) **roller disco session** - it was fabulous to see the children gaining more confidence on eight wheels and achieving a circuit around the hall without injuring themselves.



The bouncy castle and rope swing proved to be popular; all of those with no fear loved the chance to jump on the rope, swing and land on the crash mats, whilst others enjoyed the bouncing!

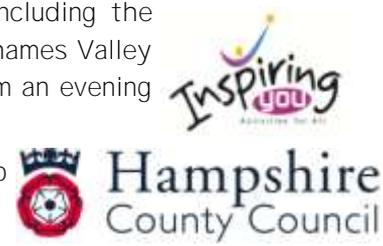


#### 2012/13 funding!

We thought you would all be as delighted as we are to know that NAS Hart & Rushmoor has received confirmation that Hampshire County Council have approved our Inspiring You grant for 2012/13 for The Zone! and our Zone Out! activities.

**This means that all the children's sessions at The Zone! can continue and that several of our branch activities will be able to be subsidised with Inspiring You funding for those in Hampshire.** We already have various fun activities planned for later on this year - including the London Zoo trip, fun days at Disability Challengers, our annual day at Thames Valley Adventure Playground, a day at Bocketts Farm, a day at Manydown Farm an evening at Intech, donutting and so much more!

A huge thank you to Hampshire for allowing us to be able to continue to provide fun and support for so many ASD families.



## 2012 events...

**Merlin's Magic Wand tickets**

We are applying for MMW tickets for branch members - if you would like to add your names to the list, please e-mail [MMW@nasHandR.org](mailto:MMW@nasHandR.org) or call/text Nikki with the following **details: children's names (including siblings), their dates of birth, any diagnoses they have,** parents/carers names, the number of children and adults tickets required and which attraction you would like to go to (choose from Legoland, Thorpe Park, Chessington, Alton Towers, London Eye, Warwick Castle, The Dungeons, Blackpool Tower or Sealife Blackpool.)

**Special Children's Day at London Zoo** - Saturday 19th May

We have 3 100 seater coaches booked and this year there will be 2 meeting points; one in Aldershot and one in Farnborough. The subsidised cost per person is £8 - this price **includes a seat on the coach and a zoo ticket & under 3's are free!** We will be leaving at 8.30am to get to the zoo for 10am and then leaving the zoo at 4.30pm and back to the meeting points for 6pm. Please contact Nikki to register your interest (once we are able to purchase the zoo tickets we will confirm places.) We have organised this outing for the past 3 years and all the **families who join us agree that it's a fantastic day out!**



## Fun day at Disability Challengers

We are planning on celebrating the 5th anniversary of NAS Hart & Rushmoor Branch and 50 years of the National Autistic Society in the best way we know how - a fun day at Challengers, with a cake to celebrate, face painting, Mr Giant, a bouncy castle, inflatable slide and anything else we can organise. Bring along a contribution to party lunch and stay for the whole day.



## Manydown Farm

We are planning to repeat the fun day we had last year at **Manydown's maize maze** - hopefully on a Sunday in July & with sunshine too! For details about the farm, go to [www.manydown.co.uk](http://www.manydown.co.uk) and watch this space for further news.

## Runways End overnight stay

This is postponed from 10th/11th March due to the centre being closed but we are working on a date for July!



## Voice for Life 2012

On Thursday 8th March, Afasic and The Communication Trust are running an information day at The Rose Bowl in Southampton. There will be seminars, workshops, information sessions, an exhibition area and a range of other exciting learning opportunities for parents, professionals, children and school groups. For more info about the day, go to [www.afasicenland.org.uk/download/172](http://www.afasicenland.org.uk/download/172)



## Duchenne Now

One of our families is affected by DMD so we are happy to **promote this "Nobody knows their time"** will be officially released through iTunes on the 4th March 2012. The song is written and performed by Mark Emmins to help raise awareness and funds to assist in funding research into finding viable treatments and cure for Duchenne Muscular Dystrophy. Every penny raised by Duchenne Now goes to funding active research projects and clinical trials. By showing your support you will be making a difference to everybody living with Duchenne. For more info, go to <http://duchennenow.org/thesong>



## The Little Games Shop, Farnham

This is a new venture for Hilary & Rhys of The Games Shop in Aldershot. They stock a range of resources including sensory/OT types. Call 01252 713313 or find them on Facebook or Twitter.



## 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](http://www.paypal.co.uk) and make payment to [paypal@nasHandR.org](mailto:paypal@nasHandR.org)
- To 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, Nikki Smith via [nikki@nasHandR.org](mailto:nikki@nasHandR.org) / 01252 694934 or the regional officer, Tracey Sellers via [tracey.sellers@nas.org.uk](mailto:tracey.sellers@nas.org.uk).

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 NAS is 50 years old

The National Autistic Society will be 50 years old on 17th May 2012 and we are planning to celebrate this and the 5th year anniversary of the H&R Branch at Challengers on Bank Holiday Monday 7th May - more details are on the events flyer attached. The NAS are holding a photography competition - send them a photo about friendship and you could win an Olympus Pen Mini camera. For more info, go to the NAS website at [www.autism.org.uk/50photocomp](http://www.autism.org.uk/50photocomp) (closing date 17th May 2012.)



### Autism Show 2012

This year the Autism Show is all set for 15th and 16th June at ExCel in London. We are hoping to organise a minibus from Farnborough for those who want to come along on Saturday 16th - get in touch with Nikki if you are interested and put your name on the list. For more info go to [www.autismshow.co.uk](http://www.autismshow.co.uk) or call 020 8882 0629.

### DLA/AA & ESA guides from Disability Alliance

DLA/AA - a guide to making a claim for Disability Living Allowance or Attendance Allowance for people aged 16 or over. £3 to those on benefits, £8 to everyone else. ESA - a guide to Employment & Support Allowance for people with a disability or long term health condition. £5.50 to those on benefits, £10 to everyone else. NAS H&R have copies of these in the branch resource library for members to borrow. Available to purchase from the Radar shop online at [www.radar-shop.org.uk/Range.aspx?id=14](http://www.radar-shop.org.uk/Range.aspx?id=14) or call 020 7250 3222.



## NAS helplines

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

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](http://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

### Other local branches & support

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

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

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

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

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

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

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

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

### Gateway Cards

Have you got your Gateway Card yet? From the 1st April 2012 everyone who attends our branch activities which are funded by Hampshire Inspiring You money has to have a Gateway Card number. Go to [www.hants.gov.uk/gatewaycard](http://www.hants.gov.uk/gatewaycard) and complete the form online or call 01962 846399.

\*\*\* If you are a Surrey family, your places will be subsidised by the branch, but this means we will really need your help to fundraise eg. at our TrainWalk, to make sure we have enough funds to continue do so.\*\*\*



### 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. They are there to provide independent advice about special educational needs. Go to [www.sossen.org.uk](http://www.sossen.org.uk) for more info. If you can't get along to the shop, simply call their helpline on 020 8538 3731.



### Autism Friendly Films

The autism friendly film sessions, organised by Dimensions, are continuing once every month; the next one will be John Carter (12a) on Sunday 11th March 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](http://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/](http://www.odeon.co.uk/fanatic/film_times/s149/Basingstoke/) or call Odeon on 0800 138 3315 to book your places and free carers seats.



### Special Needs Information Day

Contact a Family and Hampshire Parent Partnership Service are holding a Special Needs Information Day on Saturday 24th March 2012 at The Petersfield School, Petersfield, 10am - 3pm. Visitors can come along at any time during the day to browse the exhibits, and to chat to representatives from voluntary organisations and statutory services about a wide range of special needs and related issues. There are also workshops and info talks on offer, and you can pre-book free places on the sessions of your choice.

For more info or to book places, call 01962 845870 or email [enquiries.pps@hants.gov.uk](mailto:enquiries.pps@hants.gov.uk) or go to [www3.hants.gov.uk/childrens-services/specialneeds/parentpartnership/sen-information-day.htm](http://www3.hants.gov.uk/childrens-services/specialneeds/parentpartnership/sen-information-day.htm)



### Maclaren Major Buggies

The branch has 2 double Maclaren Buggies and a single. If any families in H&R would like to borrow them (we know that getting them via the OT department is impossible) just get in touch with us. The doubles are great if you are going for big days out (like our annual trip to London Zoo!) when legs get tired and need to take a rest. Contact Nikki for more info or to arrange to borrow one.



For more detailed information about the Major Buggy, go to [www.mothercare.com](http://www.mothercare.com) and [www.twinsuk.co.uk](http://www.twinsuk.co.uk) for the double Major.

If you are looking to purchase one, always start with [www.ebay.co.uk](http://www.ebay.co.uk) as they frequently come up at a good price.





Inspiring You sessions at Connaught Leisure Centre  
 These sessions are still running; 2-4pm, once a month especially for children with additional needs and their **families. Usually there's** trampolining, a bouncy castle, badminton, table tennis etc. but it varies every time!  
 For more info contact the centre on 01252 344438.

Sunday 25th March  
 Saturday 21st April

**Fun House special needs sessions**

Fun House special needs sessions are on the second Saturday of every month, 4-6pm. Entry is £3.50 per child and food and drinks are available to buy. Call 01256 471066 for more info. At 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, 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.



**SEN magazine**

The branch has now subscribed to the SEN 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 [www.senmagazine.co.uk](http://www.senmagazine.co.uk) The cost is £38 for 6 issues over 12 months.



**Milestones special needs evening**

Milestones museum are hosting another free evening for children and young people with special needs and their families on Wednesday 21st March, 5.30 - 8.30pm. No need to book, just bring the attached invitation along with you. You can take part in their fabulous Lego Mania event; play at the Duplo and Lego modelling, customise your own Lego mini figures; follow the Lego Brick trail around the museum. For more information go to [www.milestones-museum.com](http://www.milestones-museum.com) or call



**LocalGiving.com**

NAS H&R have recently registered with LocalGiving to try to raise some much needed funds for the branch - go to [www.localgiving.co/charity/nasHandR](http://www.localgiving.co/charity/nasHandR) to see our page and please pass the info on to anyone you think might be interested in donating.



**Challengers bookings**

Challengers booking period for play and youth scheme places over Easter and beyond was at the end of February - if you haven't yet booked, make sure you get in touch with them ASAP! For more info call 01483 579 939 or go to their website at [www.disability-challengers.org](http://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](mailto:info@pagforspecialplay.co.uk)

**Rushmoor Disability Directory**

This has recently been updated and reproduced by the Rushmoor Access Group to provide details of as many organisations as possible who offer support and services to members of the community who may need assistance in improving their quality of life. There are several copies in our branch library or you can call Owen Durrett on 01252 816416 to request a copy.





118 Fernhill Road,  
Farnborough,  
Hampshire,  
GU14 9DR

01252 694934

07825 280 274

info@nasHandR.org

**We're on the web!**

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

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

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

## Useful things & websites!

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

### Flavourless, non-foaming toothpaste!

For those who have issues with teeth cleaning due to the taste of the toothpaste, maybe interested to know that one of our members has discovered flavourless and non-foaming toothpaste called OraNurse. For more info, go to [www.oranurse.co.uk](http://www.oranurse.co.uk) (or call 0800 980 1517)- they are available from various places, costing around £3 per tube.



### Parent Voice in H&R!

Parent Voice now have a participation worker for Hart & Rushmoor,, her name is Claire Symington and she came along to a Coffee Zone in January and will be joining us again soon. She can be contacted on [clairesymington@roseroad.org.uk](mailto:clairesymington@roseroad.org.uk) or on 07508 979 405.



### The saga of seamless socks!

Pippa had been struggling to find reasonably priced seamless socks - **until she "found some on Amazon at only £2 a pair and available in various colours and sizes - that's a third of the price of the ASD specific seamless socks."** The link is: [www.amazon.co.uk/SockShop-Colours-Plain-Black-Cotton/dp/B001UWUC6E/ref=sr\\_1\\_1?ie=UTF8&qid=1328187502&sr=8-1](http://www.amazon.co.uk/SockShop-Colours-Plain-Black-Cotton/dp/B001UWUC6E/ref=sr_1_1?ie=UTF8&qid=1328187502&sr=8-1)  
**Another parent suggested looking for "ski socks" in sports shops** as they are seamless and others just said that their children just wore their socks inside out to prevent the seam being an issue.

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# March & April activities for those in Hart & Rushmoor!

There are limited places at these events, therefore they are only open to H&R members at the moment.

(If there are spaces, we will open the activity up to others.)

Saturday 10th March, 10.30am - 12

Caterpillar Crafts



Where: The Zone! @ Samuel Cody School, Ballantyne Road, Farnborough, GU14 8SS.

Come along and make a sensory caterpillar - made up of 5 parts each decorated in different ways/textures.

Cost: FREE but places are limited so must be booked.

Saturday 24th March, 4 - 6pm

Laser Storm at Fun House



Where: Daneshill Ind Estate, Basingstoke, RG24 8NS. This is like Laser-Run but on an indoor soft play frame. We haven't restricted the age range for this event \*BUT\* the children will be running around and very enthusiastic, therefore this may not be suitable for those who are younger.

Hot food will be available to purchase.

Cost: £5 per person.



Thursday 5th April, 6.15 - 8.15pm

Run-About & Laser-Run evening



Where: Armstrong Way, Pyestock, Farnborough, GU14 0LP.

Run-About is only for those under 10 yrs and Laser-Run is suitable for those 6 yrs+.

Cost: £6 per child and includes a hot meal - choose from the following options when you book places: chips + chicken nuggets/sausage/pizza/fish fingers.



Saturday 7th April, 11am

Bowling at Pine Ridge Bowl



Where: Pine Ridge Golf Course, Old Bisley Road, Frimley, GU16 9NX.

We have exclusive use of the bowling area - the session is for 2 games of bowling with cosmic lighting.

Cost: £6 per child and includes a hot meal - choose from the following options when you book places: chips + chicken nuggets/sausage/pizza/fish fingers.

Thursday 12th April, 10.15 & 11.30am

Donutting sessions

Where: Alpine Snowsports, Gallwey Road, Aldershot, GU11 3DD

We have exclusive use of the donutting slope for 2 sessions.

Cost: £5 per person



Saturday 21st April, 5 - 8pm

Look Out Discovery Centre



Where: Nine Mile Ride, Bracknell, Berks, RG12 7QW.

We have exclusive use of the whole discovery centre for H&R families.

Cost: £4 per child

Monday 7th May, 10.30am - 4.30pm

Fun day at Challengers

NAS 50th & NAS H&R 5th anniversaries

Where: Challengers play & youth centre, St James Avenue, Farnham, Surrey, GU9 9QF.

Cost: £3 per person

**There'll be bouncy castle fun, face painting, Mr Giant and bring something towards the group lunch!**

Saturday 19th May, 8.30am - 6pm

**Special Children's Day @ London Zoo**

Where: There will be coach meeting points in Farnborough and Aldershot.

Cost: £8 per person for a coach seat and zoo ticket.

**Places are limited. Zoo tickets aren't available yet, as soon as they are we will buy them!**

Payment must be made in advance -

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

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