



# NAtters

Hart and Rushmoor Branch newsletter

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

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Issue 34/35

March/April/May/June 2013

### Double-issue newsletter

As you can see, we have made this issue of the newsletter cover from March, all the way up to June - this is simply to allow me some time off with a bump/new baby!

All the regular events at The Zone! will be continuing as normal thanks to Carol and Jess, who have agreed to step in to keep them running. Any updates or changes to planned events will be posted on the Facebook group, the branch website and hopefully sent out via email too. If you cannot access any of these sources, please text the branch mobile number (07825 280274) and we will try to ensure that you receive any crucial information via text.

There maybe hiccups along the way and I apologise in advance if things slip and there are errors, but please bear with us as we are doing our best.

Nikki Smith, Branch Officer

### Yellow Moon fundraising!

If you enjoy our arts & craft materials at The Zone! then you might like to know that if you purchase anything at [www.yellowmoon.co.uk](http://www.yellowmoon.co.uk) and enter our branch code "WNA13704" we will receive 20% cash-back from your order!



## Committee contact details

### Branch Officer:

Nikki Smith  
118 Fernhill Road, Farnborough,  
GU14 9DR. [Nikki@nasHandR.org](mailto:Nikki@nasHandR.org)  
07825 280274

(Please note: Carol will be dealing with phone calls for the time being.)

### Treasurer

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

### Newsletter editor:

Karen Smith 01252 647418  
[karen.m.smith@tesco.net](mailto:karen.m.smith@tesco.net)

### 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 in "groups" and you'll find us!)

### Other committee members:

Colin Smith (at The Zone)  
Karen Booth

### Zone helpers:

Carol, Sara, Karin, Denise, Jess,  
Riannon & other willing volunteers too!








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. \*\*

Accept difference. Not indifference.







March 2013

| Mon   | Tue  | Wed  | Thu  | Fri                         | Sat  | Sun |
|---|--|--|--|-----------------------------|--|-----|
| 4   | 5<br>Coffee Zone:<br>9am - 12pm<br>   | 6<br>After School Zone:<br>3 - 6pm   | 7<br>Building Zone:<br>3 - 6pm<br>   | 8                           | 9  | 10  |
| 11  | 12<br>Coffee Zone:<br>9am - 12pm   | 13<br>After School Zone:<br>3 - 6pm<br>   | 14<br>Building Zone:<br>3 - 6pm  | 15                          | 16<br>Cyber Zone:<br>10.30am - 2.30pm<br> | 17  |
| 18  | 19<br>Coffee Zone:<br>9am - 12pm<br> | 20<br>After School Zone:<br>3 - 6pm  | 21<br>Building Zone:<br>3 - 6pm<br> | 22<br>Teen Zone!<br>6 - 8pm | 23   | 24  |
| 25  | 26<br>Coffee Zone:<br>9am - 12pm   | 27<br>After School Zone:<br>3 - 6pm<br> | 28<br>Building Zone:<br>3 - 6pm  | 29                          | 30<br>NO CYBER ZONE<br>The school is shut!<br>Farnborough Bowling<br>11.45am   | 31  |
| <p><b>All Zone activities are based at:</b><br/>The Zone! @ Samuel Cody Specialist Sports College,<br/>Ballantyne Road, Farnborough, GU14 8SS.<br/>We are in the building as far to the right of the school site (look for the NAS arrows.)</p> |  |  |  |                             |  |     |







# April 2013

| Mon   | Tue  | Wed  | Thu  | Fri                               | Sat   | Sun |
|---|--|--|--|-----------------------------------|---|-----|
| 1   | 2<br><b>World Autism Day -</b><br>we will be celebrating<br>it at Fun Zone<br>tomorrow!<br> | 3<br><b>Fun Zone!</b><br>(with Cyber Zone<br>rules & prices)<br>10.30am - 2.30pm   | 4  | 5<br><b>Teen Zone!</b><br>6 - 8pm | 6   | 7   |
| 8<br><b>Laser-Run sessions</b><br>11am and 12pm | 9  | 10<br><b>Fun Zone!</b><br>(with Cyber Zone<br>rules & prices)<br>10.30am - 2.30pm  | 11   | 12                                | 13<br><b>Cyber Zone:</b><br>10.30am - 2.30pm<br> | 14  |
| 15  | 16<br><b>Coffee Zone:</b><br>9am - 12pm  | 17<br><b>After School Zone:</b><br>3 - 6pm<br>  | 18<br><b>Building Zone:</b><br>3 - 6pm   | 19                                | 20  | 21  |
| 22  | 23<br><b>Coffee Zone:</b><br>9am - 12pm  | 24<br><b>After School Zone:</b><br>3 - 6pm   | 25<br><b>Building Zone:</b><br>3 - 6pm<br> | 26                                | 27<br><b>Cyber Zone:</b><br>10.30am - 2.30pm  | 28  |
| 29  | 30<br><b>Coffee Zone:</b><br>9am - 12pm<br>   | <b>All Zone activities are based at:</b><br>The Zone! @ Samuel Cody Specialist Sports College,<br>Ballantyne Road, Farnborough, GU14 8SS.<br>We are in the building as far to the right of the<br>school site (look for the NAS arrows.) |  |                                   |   |     |

May 2013

| Mon  | Tue   | Wed   | Thu  | Fri   | Sat   | Sun |
|--|---|---|--|---|---|-----|
|  |   | 1<br>After School Zone:<br>3 - 6pm  | 2<br>Building Zone:<br>3 - 6pm   | 3<br>Teen Zone Out!<br>Indoor Climbing<br>Wall - 7.30pm   | 4   | 5   |
| 6<br>POSSIBILITY of a<br>Fizzy Kids session<br>Are you interested??<br> | 7<br>Coffee Zone:<br>9am - 12pm<br>Linda Burgess from<br>HCC!!  | 8<br>After School Zone:<br>3 - 6pm     | 9<br>Building Zone:<br>3 - 6pm   | 10<br>Cyber Zone:<br>10.30am - 2.30pm                     | 11  | 12  |
| 13   | 14<br>Coffee Zone:<br>9am - 12pm  | 15<br>After School Zone:<br>3 - 6pm   | 16<br>Building Zone:<br>3 - 6pm  | 17<br>Teen Zone!<br>6 - 8pm                               | 18<br>London Zoo outing<br>(see pg 12 / 15) | 19  |
| 20   | 21<br>Coffee Zone:<br>9am - 12pm  | 22<br>After School Zone:<br>3 - 6pm  | 23<br>Building Zone:<br>3 - 6pm  | 24<br>Cyber Zone:<br>10.30am - 2.30pm                     | 25  | 26  |
| 27   | 28  | 29<br>Fun Zone & our 6th<br>anniversary!<br>(with Cyber Zone rules & prices)<br>10.30am - 2.30pm                          | 30   | 31<br>Donutting session<br>in Aldershot<br>11am & 12.30pm |   |     |

# June 2013

| Mon   | Tue  | Wed   | Thu  | Fri                                | Sat  | Sun |
|---|--|---|--|------------------------------------|--|-----|
| <p><b>All Zone activities are based at:</b><br/>                     The Zone! @ Samuel Cody Specialist Sports College,<br/>                     Ballantyne Road, Farnborough, GU14 8SS.<br/>                     We are in the building as far to the right of the school<br/>                     site (look for the NAS arrows.)</p> |  |   |  |                                    |  |     |
| 3   | 4<br><b>Coffee Zone:</b><br>9am - 12pm<br>    | 5<br><b>After School Zone:</b><br>3 - 6pm<br>    | 6<br><b>Building Zone:</b><br>3 - 6pm<br>  | 7                                  | 8<br><b>Cyber Zone:</b><br>10.30am - 2.30pm  | 9   |
| 10  | 11<br><b>Coffee Zone:</b><br>9am - 12pm  | 12<br><b>After School Zone:</b><br>3 - 6pm  | 13<br><b>Building Zone:</b><br>3 - 6pm<br> | 14<br><b>Teen Zone!</b><br>6 - 8pm | 15   | 16  |
| 17  | 18<br><b>Coffee Zone:</b><br>9am - 12pm  | 19<br><b>After School Zone:</b><br>3 - 6pm  | 20<br><b>Building Zone:</b><br>3 - 6pm   | 21                                 | 22<br><b>Cyber Zone:</b><br>10.30am - 2.30pm | 23  |
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## 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](http://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. Jess is now in-charge of our tweets, so hopefully you will now be receiving regular updates about the branch!

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](http://www.pinterest.com/nashandr)

### 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 are any titles you think we should add to our collection.



### Sessions for parents at The Zone! (see calendar for dates/times)

**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. There's always plenty of biscuits and sometimes we even have jam doughnuts too! Please bring DLA forms, letters, or anything you need our help with :o)



### Fundraising news!

The Ship Inn's charity fundraising day on 27th January with Jenny Thomas raised a fantastic £486.56! We are absolutely delighted and really appreciate all your hard work and efforts!



Huge thanks to Mary Lambert (Jane Baker's family) for the £200 cheque kindly donated by her uncle in memory of his wife who sadly passed away earlier this year.

Many thanks to Pippa Dempsey's family who have very kindly donated £30 from the Doris Derby flower fund; Pippa's nan sadly died and had asked that non family members give the money they would have spent on flowers to charity.

Huge thanks to the Tesco Community Trust for their generous grant award of £4,000. We are planning to put this to good use on events during the year as well as a couple more TV's at The Zone! to enable us to have more games consoles available to use at our sessions.



### Linda Burgess from HCC will be joining us for Coffee Zone on 7th May

Linda is the Commissioning Officer for Adult Services at HCC and the lead for the Hampshire Autism Strategy for Adults; she is keen to meet families living with autism in Hampshire. She will also be bringing Suzy Dobson along too as she is the children's autism commissioning lead for health and social care for Hampshire. Suzy is leading on the children's autism strategy developments.. Please come along to Coffee Zone on 7th May and tell them your thoughts on autism in Hampshire! After all our children will be adults in the future and may need these services!

## Our previous activities...

### New Cyber Zone sessions!

These are calmer than they used to be - so far the feedback on the new rules has all been very positive. We know that change isn't easy but we really didn't have a choice if we were to continue running these sessions. Please come along and try the new setup and let us know what you think.

### Fun Zone in half-term

On Wednesday 20th February we had another busy session during half-term; as always it was lovely to see familiar faces and some new ones too. Using the new Cyber Zone rules seemed to make it run more smoothly too.

### Donutting fun!

On Friday 22nd February we went donutting in Aldershot; the weather was incredibly cold and it was trying to snow but that didn't stop everyone working hard to keep climbing back up the hill to get their thrill going back down the slope again. It was wonderful to see some of the parents joining in the fun and hurtling themselves down the slope and screaming loudly (very therapeutic, we're sure!) There were plenty of red faces and tired legs by the end of it but everyone was eager that we do it again!



### Teen Zone Out @ Wrestling

On Friday 1st March the Teen Zone crowd went to watch a wrestling match at Princes Hall. A fab evening was had by all; lots of laughter, cheering and happy teens (several very happy mummies too... but not sure we should mention that!!) Apparently the general opinion was that Flatliner was the most entertaining during the evening! A huge well done and thank you to Gaye for organising such a brilliant night out.



### Help us!

We need your ideas for branch events, activities and even equipment for at The Zone. Tell us if there is something your child would like to try - we can't make any promises but we will certainly try our best to make the fun happen!

We have just purchased more 3DS games and Playmobil sets that were posted in our suggestion box at The Zone! and we're applying for more grants to be able to buy more toys and games and provide the outings and events that we know you all love, but we always need new ideas!

### Parental supervision!

We know that our events provide families with much needed opportunities for social interaction but we have to remind parents that they are responsible for properly supervising their children at all of our activities. This means that you actually have to physically see and hear your children to know what they are up to.

## 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)
- 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](mailto:nikki@nasHandR.org) / 01252 694934 or through NAS Head Office via Alessia Mitchell on [alessia.mitchell@nas.org.uk](mailto: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**



# The Zone!

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

At our sessions at The Zone we have tea, coffee, juice and biscuits

- but donations of supplies are always appreciated.

Please note the timings - we have to request that you do not arrive before the start time and leave by the end time. We have very good setup/pack up routines and it's easier without any help!

## Cyber Zone

10.30am - 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.



## After School Zone

Every Wednesday during term-time, join us at After School Zone! from 3 - 6pm. These are drop-in sessions for families to come along to when they want. 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 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. On one Friday each month (see the calendar for dates) 6-8pm. We will have all the Cyber Zone equipment, as well as the pool table, air hockey table, Hexbugs and a tuck shop too! The cost will be £1 per child & money for the tuck shop. Parents need to stay at these sessions.



## Teen Zone Out!

To get our Teens going places, we are working on a variety of Teen Zone Out events. January's climbing wall session (cancelled due to the snow!) is rescheduled for Friday 3rd May. We are looking into future activities (there has been talk of go-karting and all sorts!), so tell Gaye if you have any suggestions. For more info contact Gaye on [events@nasHandR.org](mailto:events@nasHandR.org)

## Fun Zone!

During the Easter holidays we will be having two Fun Zone! sessions on Wednesday 3rd and 10th April, 10.30am - 2.30pm. On the 3rd April we intend to celebrate World Autism Day (which is officially on the 2nd.) The new Cyber Zone! rules and prices will apply at this session as it's the same timings and the sessions are popular.



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 take action.**

## NAS news!

### SEND consortium survey

This survey is for parents/carers of children and young people who have a special educational need and/or a disability (SEND). It's devised on behalf of a group of organisations (NAS, Contact a Family, Dyslexia Action, Mencap & Scope.) The consortium is looking into a new online national brokerage service to help you to find the right services for your child across England. This questionnaire has 26 questions. It should take no more than 30 minutes to complete and will enable the consortium to gather information about your experience of finding and accessing the right services for your child. To complete the survey go to [www.surveymonkey.com/s/SENDConsortium](http://www.surveymonkey.com/s/SENDConsortium) or for more info call 020 7330 9170.

### 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 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:** 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](http://www.parentvoice.info) or phone 02380 721206.

### Charities call on government to exempt disabled children from 'bedroom tax'

As of 1st April council and housing association tenants will face a housing benefit cut if their home has more bedrooms than they are seen as needing. In deciding the size of property that you need, some children will be expected to share a bedroom. If you are assessed as having more than one bedroom than you need your housing benefit will be cut by 14% of your rent figure. If you have two or more extra bedrooms the cut will be 25%.

As of 12th March, the DWP issued urgent new guidance that makes it clear that if an authority accepts a disabled child cannot share a bedroom, the housing benefit will have to take that into account. Contact a Family are advising families who need to appeal a decision to do so quoting the court of appeal case in *Burnip/Gorry v Secretary of State for Work and Pensions*, and to apply for discretionary housing payments when the cuts happen. Families concerned about the impact of the bedroom tax should call the Contact a Family freephone helpline for advice on 0808 808 3555, Monday - Friday, 9.30am - 5pm. More info at [www.cafamily.org.uk](http://www.cafamily.org.uk)

**contact a family**  
for families with disabled children

# Other local news...

## Gateway Cards

If you still haven't got your Hampshire Gateway Card and wish to be able to attend our Inspiring You funded events, please complete a form at The Zone or go to [www.hants.gov.uk/gatewaycard](http://www.hants.gov.uk/gatewaycard)

To view activities available to Gateway card holders, go to [www.hampshiregateway.info](http://www.hampshiregateway.info)

Tell us your Gateway card number once and we will add it to our database!



## 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 (not over Easter, 7<sup>th</sup> May, 4<sup>th</sup> June, 2<sup>nd</sup> July and not over the Summer holidays.)

They are there to provide independent advice on special educational needs issues and have proved to be very helpful to many of our members.

Go to [www.sossen.org.uk](http://www.sossen.org.uk)

for more details or call their helpline on 020 8538 3731.



## Aldershot Military Festival

This year the Military Festival will be holding events running all week from 1st - 6th July at venues around Aldershot. The final day will be the Family Day/Show on Saturday 6th July. For more info watch for updates at [www.armyshow.co.uk](http://www.armyshow.co.uk) or find their page on Facebook.

## Special Needs Information Day 2013

This year's Special Needs Information Day is on Saturday 27th April 2013 at The Mountbatten School, Romsey SO51 5SY. This event is free, giving families and practitioners the opportunity to gather info about support and services available across the county. Visitors can come along at any time between 10am and 3pm to browse the exhibits and to chat to representatives from a variety of services about a wide range of special needs and related issues. There will be workshops available covering topics such as; Supporting young people with autism; Support in school for children and young people with additional needs; Sensory processing and sensory diet; Raising an emotionally resilient child; Planning for post 16 and more! For more info go to [www.hants.gov.uk](http://www.hants.gov.uk) alternatively call 01962 845870 or e-mail [enquiries.pps@hants.gov.uk](mailto:enquiries.pps@hants.gov.uk)

## Autism Friendly Films

These 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](http://www.dimensions-uk.org/autismfilms) or call Odeon on 0800 138 3315 to book your places and free carers seats.

Now on in some Cineworld cinemas too but sadly not at Aldershot - though we keep asking why not!



## Disability Challengers fun swims & booking periods!

Challengers Fun Swim sessions take place on the last Saturday of each month (except March, due to Easter, it will be on 23rd!) at Guildford Spectrum, 6 - 7.30pm. Entry is by donation (suggestion of £2 per swimmer). There's no need to book but all children must be accompanied by an adult or carer. More info at [www.disability-challengers.org/funswim](http://www.disability-challengers.org/funswim) or call 01483 230 939.



**Cerebra Wills and Trust Voucher Scheme**

Funds are again available for the Voucher scheme that provides £350 towards making a will and discretionary trust to provide for your disabled child when you are no longer around. Your child must receive the Middle or High Care rate of DLA and be aged 16 or under. For more information and to download an application form, go to [www.cerebra.org.uk/English/gethelp/willsandtrusts/Pages/default.aspx](http://www.cerebra.org.uk/English/gethelp/willsandtrusts/Pages/default.aspx) or call 0800 328 1159.

**Autism Show 2013**

This year's Autism Show will be on 14th and 15th June at the ExCel Centre, London. Tickets cost £10 if booked online in advance or £15 on the door (concession price is £1 less, online booking fee of £1 applies). For more info and to book tickets visit [www.autismshow.co.uk](http://www.autismshow.co.uk)

**Tourettes Action Hampshire Support Group Meetings**

Do you or someone you care for have Tourettes Syndrome? This is an opportunity to chat to others who have experience of Tourettes and meet others who might be going through similar circumstances. It's an opportunity to ask for advice and information from people who won't judge. On Saturday 16th March, 1.30 - 3.30pm at Farnborough Community Centre, Meudon Avenue, Farnborough, GU14 7LE. For more info contact Emma on [emma@tourettes-action.org.uk](mailto:emma@tourettes-action.org.uk) or call 07738772045.

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

Once again we are organising our day out to London Zoo. This year they are running 2 Special Children's days on 18th and 19th May - we are going as a branch on the Saturday 18th.

The coach will be leaving Samuel Cody School, Farnborough at 8.30am and returning at 6pm.

Places will cost £9 per person (though under 3's are free). This includes the zoo ticket and coach seat. If you wish to make your own way there, please get in touch with us as we may be able to help with tickets. Places this year will be limited and therefore if you want to guarantee your places you will need to complete the form at the end of this newsletter and return it to us asap with payment (or include the required details with your paypal payment!)

**Lego Mania at Milestones**

Lego Mania began at the end of February and will continue until 14th April.

There's also a Lego Transport photo competition, so click on the link for more details and enjoy a trip to the museum! [www3.hants.gov.uk/milestones/lego.htm](http://www3.hants.gov.uk/milestones/lego.htm)

**Hampshire Autistic Society and QE2 Centre activities**

HAS are pleased to offer ANYONE with an Autism Spectrum Condition and their families/carers an opportunity to take part in a range of activities, including archery, zip wire, orienteering, crab fishing, canoeing, climbing, rope course and many more. (subject to availability).

The QE2 Activity Centre is based at Manor Farm Country Park, Pylands Lane, Bursledon, SO31 1BH. Cost is £10.50 per person for day activities or for a 2 night residential stay in a log cabin (for 8 people including activities) it's £160.

Please visit [www.qe2activitycentre.co.uk](http://www.qe2activitycentre.co.uk) or [www.hampshiregateway.info](http://www.hampshiregateway.info) for more info on activities and short breaks. Alternatively call 02380 633951.



**IPSEA**

IPSEA's Advice Line Call-Back Booking Service offers 45 minute telephone advice sessions that you can book at a specific time that suits you (subject to availability).



A call-back can be about any educational issue that is the result of a child's special educational needs (SEN) or disability. IPSEA's Volunteer Adviser will give you up-to-date information on the law, and what it allows you to do. They will also give you clear next-step advice.

For more information, go to [www.ipsea.org.uk](http://www.ipsea.org.uk) where you can book your call-back slot.

**Please note:** you cannot access advice or support regarding SEN tribunals on this service - for these specific enquiries you need to contact the Tribunal helpline on 0845 602 9579 as the volunteers are specially trained.

**Carol Gray and Tony Attwood Conference**

On Monday 13th May 2013 at the HG Wells Conference Centre, Woking (GU21 6HJ). Freemantles School have organised this opportunity for parents, carers and professionals to hear renowned speakers Carol Gray and Tony Attwood present a full day conference on: "Autism & Social Learning: Responding to Individual Challenges with Understanding and Real-World, Practical and Socially Sensible Solutions". Places cost £50 for parents and £150 for professionals. There is also the option for prepaid parking at £4. Bookings are now being taken - for a booking form go to [www.freemantles.surrey.sch.uk](http://www.freemantles.surrey.sch.uk) or if you're not online, call 01483 545680.

**Boardmaker available in libraries!**

Boardmaker software contains over four thousand pictures and symbols that can be used to build symbol based materials like daily time-tables, feelings boards and social stories. Boardmaker is installed on 12 library computers including in Aldershot, Farnborough and Fleet. Every library with Boardmaker has a printer available so parents, carers and professionals can print their boards. There is no charge for using the software and no charge for printing. Laminating can also be done by arrangement and this is free too. For more information, go to [www3.hants.gov.uk/boardmaker](http://www3.hants.gov.uk/boardmaker)

**Kidz South!**

This year the free Kidz South exhibition is on 13th June at the Rivermead Leisure Centre, Reading. It's dedicated to children with disabilities and special needs, their families and the professionals who work with them.

More info on [www.disabledliving.co.uk/Kidz/South](http://www.disabledliving.co.uk/Kidz/South) or call 0161 607 8200.

**Avon Tyrrell family activity days**

New for 2013, Family Adventure Days at Avon Tyrrell, part funded by Hampshire County Council making them affordable to all Hampshire families with a Gateway Card (child with disability) only. 10am - 12, morning only is £5 per person and 10am - 3pm, whole day only is £10 per person. Dates currently advertised are 24th and 31st March. There may well be more available but at the time of printing this newsletter, they weren't listed.

Check out the website [www.avontyrrell.org.uk](http://www.avontyrrell.org.uk) for more info and to find out if there are places available phone 01425 672347 and ask for Anne McIntosh.



## From our Facebook Group...

### A Hundred Tears

A hundred times I told him  
a hundred times and more,  
"Don't hit the dog, don't run away  
don't throw that on the floor!"

All morning he was tireless  
he never stopped to think  
he broke my lamp, he spilled his milk  
dumped the kitten in the sink.

He ran around the house all day  
without a stitch of clothes  
he flapped his hands and sang and cried  
and fell and bumped his nose.

At dinner came the moment  
when I'd simply had enough  
he refused to eat his dinner  
and that's when I got tough.

I sent him off to bed at once  
despite his tearful pleas . . .  
I let him cry himself to sleep  
it brought me to my knees.

When silence fell upon his room  
I slowly crept inside,  
and gazing on my little son  
I lost my foolish pride.

A hundred tears I wept right then  
a hundred tears and more  
for this little child who spilled his milk  
on my nice bright shiny floor.

Who am I to scold my son  
for things he cannot know?  
he looks to me for patience  
to help him learn and grow.

A hundred prayers I said that night  
a hundred prayers and more  
Help me Father, teach my child  
this child that I adore.

And as I left his room that night  
I kissed his tears away  
and promised that tomorrow  
would be a better day.

By Sally Meyer, 1999.

### NAS wristbands

Show your support for the  
National Autistic Society  
and wear your purple  
wristband with pride!  
£2 each and available from  
the NAS shop on their  
website, [www.autism.org.uk](http://www.autism.org.uk)  
\*\*We have purchased some  
to sell at The Zone, so come  
along there with your £2\*\*



This is the newsletter of the  
Hart & Rushmoor Branch of  
The National Autistic Society.

Views expressed in this  
newsletter are not necessarily  
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England, registered address  
393 City Road London  
EC1V 1NG.

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