



NAtterS

Hart and Rushmoor Branch newsletter

www.nasHandR.org

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Issue 29

May/June 2012

KIDS playscheme this Summer
FAO Rushmoor families!
Kim Steele at KIDS has sent us this and would like your thoughts: "KIDS is a charity working with disabled children, young people and their families. We have recently been commissioned to run holiday and Saturday sessions over this financial year. To ensure that we are delivering in line with young people's requirements, we would be grateful if you could complete this attached survey or pass on to families of disabled young people who could benefit from the proposed services. We would like to thank you in advance for your participation in assisting us to shape the service in Rushmoor."
Here is the link to the survey: www.surveymonkey.com/s/3ZMQVLP
You can also complete the survey on a laptop at The Zone.
It won't be held at Henry Tyndale School this year but at the time of printing this newsletter the venue is still unconfirmed.

Huge thanks to...

The Ark collection in Princesmead shopping centre, we received £49.89 in change from our 2 week collection, thank you! It was great fun counting it all and bagging it up to take to the bank.

Committee contact details

Branch Officer:

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

Treasurer

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Event co-ordinators:

Gaye McGowan and Janette Cutler
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Facebook group

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

Other committee members:

Colin Smith (at Cyber Zone)
Cara & Alan Taylor
Karen Booth



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

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

Accept difference. Not indifference.

May 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
		After School Zone: 2.45 - 6pm	Crafty Zone: 9.30am - 12.30 Building Zone: 2.45 -6pm	DLA/Admin Zone: 9.30am - 12.30 Teen Zone! 6 - 8pm		
7	8	9	10	11	12	13
Party at Challengers! 10.30am - 4.30pm	Coffee Zone: 9.30am - 1pm	After School Zone: 2.45 - 6pm 	Crafty Zone: 9.30am - 12.30 Building Zone: 2.45 -6pm	DLA/Admin Zone: 9.30am - 12.30	Cyber Zone: 9.30am - 2.30pm	
14	15	16	17	18	19	20
	Coffee Zone: 9.30am - 1pm	After School Zone: 2.45 - 6pm	Teen help course 10am - 2.30pm Building Zone: 2.45 -6pm 	DLA/Admin Zone: 9.30am - 12.30 Teen Zone! 6 - 8pm 	Branch outing to London Zoo	
21	22	23	24	25	26	27
Mustard Seeds 10am - 12 Visual timetables - come and make one!	Coffee Zone: 9.30am - 1pm 	After School Zone: 2.45 - 6pm	Crafty Zone: 9.30am - 1pm Building Zone: 2.45 -6pm	DLA/Admin Zone: 9.30am - 12.30	Cyber Zone: 9.30am - 2.30pm	
28	29	30	31			
	Makaton info day: 10am - 2.30pm	After School Zone: 2.45 - 6pm	Crafty Zone: 9.30am - 1pm Building Zone: 2.45 -6pm			

June 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 DLA/Admin Zone: 9.30am - 12.30 Teen Zone! 6 - 8pm	2	3 Zone fun day for Diamond Jubilee!
4	5	6 Roller disco/bouncy castle fun: 2 - 4pm	7	8 DLA/Admin Zone: 9.30am - 12.30	9 Cyber Zone: 9.30am - 2.30pm	10
11 Makaton beginners: 9.30am - 12.30	12 Coffee Zone: 9.30am - 1pm	13 After School Zone: 2.45 - 6pm	14 help: First Steps Teens 9.30am - 2.30ppm Building Zone: 2.45 -6pm	15 Makaton follow-on: 9.30am - 12.30 Teen Zone! 6 - 8pm	16 B&Q session	17
18 Makaton beginners: 9.30am - 12.30	19 Coffee Zone: 9.30am - 1pm Carer's Week too!	20  After School Zone: 2.45 - 6pm	21 Crafty Zone: 9.30am - 1pm Building Zone:	22 Makaton follow-on: 9.30am - 12.30	23 Cyber Zone: 9.30am - 2.30pm	24
25 Makaton beginners: 9.30am - 12.30	26	27 After School Zone: 2.45 - 6pm	28 Crafty Zone: 9.30am - 12.30	29 Teen Zone! 6 - 8pm	30	

News for parents & carers

Facebook, Twitter & Pinterest

The branch Facebook group is constantly growing and is very active.. Please join us, introduce yourself, ask a question or simply read the other posts. Just go to www.facebook.com and search for NAS Hart Rushmoor in the "groups" section.



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

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

Branch resource library

The library is always available at The Zone! and books can easily be returned there or at any of our events. The library will also be coming along to our fun day at Challengers **on 7th May. Tell us if there's any titles you think we should add to our collection.**



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 are on Thursdays but we need to increase **attendance or it's not financially viable to continue!**



DLA & Admin Zone; These sessions are to help you fill in DLA forms and writing letters that you need to send but keep putting off!



Teen help! course @ The Zone!

We have NAS Head Office coming to run another help! course, this time it's "Teen Life" on Thursday 17th May. This course will discuss strategies to help with self-esteem and motivation as well as issues around sexuality and puberty. Places cost £10 per person. Get in touch with Nikki for more info or to book your place.

Parent Voice parent satisfaction survey

Did you complete the Parent Voice parent satisfaction survey? If you did, have you seen the results? They are available online at

www.parentvoice.info/images/a/ad/Report_feedback_%28%29.pdf

Following on from the survey, Parent Voice have written a report to address some of the issues raised in the survey, it can also be read online at

www.parentvoice.info/images/0/03/Survey_report_%28%29.pdf

Alternatively, we have a printed copy of both available at The Zone.



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 have usually have the chance for those who are interested in Warhammer 40,000 to make a figure and paint it. All ages and abilities welcome.



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**.

Family fun day for the Diamond Jubilee at The Zone

To celebrate the Diamond Jubilee we are having a family fun day at The Zone from 10.30am - **3.30pm. There will be all the usual Cyber Zone/After School Zone equipment and we're hoping** that the weather will be nice as we have two bouncy castles booked and the face painter too! We are asking for £3 per person to help us cover the costs of the day and as always we will be having a group lunch, so please bring a plate of food along for the table. Please complete the booking form and return it to Nikki.



Please remember our Branch Rules on page 8 - you are responsible for your children at all of our activities and you must supervise them at all times! **If you don't and there are issues we will have no option but to request that you do not attend.**

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

Our previous activities...

Caterpillar Crafts session

On Saturday 10th March we were joined at The Zone by the wonderful Caterpillar Crafts team who came to help us have lots of fun making sensory caterpillars! It was great fun to see the children sticking all sorts of different items to the circles to make the caterpillar **bodies and the parents didn't have to join in and get too sticky** either.



Run-About & Laser-Run evening

After the fun we had at during February half-term, we had to repeat it all again, so on Thursday 5th April we hired the whole of Run-About and Laser-Run for another ASD fun session. Great fun was had by all and the fact there were chips too made it even better! It was lovely to see some new faces, as well as those very familiar ones.



Pine Ridge Bowling

On Saturday 5th April we had exclusive use of the Pine Ridge bowling alleys - where we had lots of fun trying to get strikes (and failing that, just trying to hit any of the pins!) The atmosphere was definitely a good one, especially when everyone was tucking into their hot food!



Donutting

We had to go donutting again, it's always such a popular activity and our sessions on 12th April were no different. It was good to see so many red faces pulling donuts back up the hill time after time in order to whizz straight back down the slope!



The Look Out

On Saturday 21st April we had our first ASD session at The Look Out and although the weather was miserable, we had a great time inside trying out all of the hands-on experiments....the water area proved to be the most popular area and there were plenty of soggy sleeves! We hope to be able to repeat this event again in the Summer holidays.



Hampshire
County Council

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



Makaton courses

In March we held our first beginners Makaton course at The Zone - it was highly entertaining as well as being educational! The next Makaton courses are planned for June; beginners course on Mondays 11th, 18th, 25th June and 2nd July and the follow-on course is on Fridays 15th, 22nd June, 6th and 13th July. There is also another beginners course planned for October. The cost is £80 per person but we may be able to offer H&R members a discount, so just ask! Contact us if you need an evening course and we will try to organise one.

Come along to our Makaton Family Day on Tuesday 29th May at The Zone - see the attached flyer for more details.



The Makaton Charity

2012 events...

Merlin's Magic Wand tickets

To everyone who applied for free Merlin's Magic Wand tickets via the branch; we now have most of them, except for a couple of the attractions. In order to avoid any confusion, we will distribute them once we have all the tickets.



If you haven't applied for any tickets this year (via H&R or directly through MMW) you can still go to www.merlinsmagicwand.co.uk and apply as a family. The current processing time is 10 weeks. If you are not online, please call Nikki and she will apply on your behalf.

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

This has proved to be even more popular than before and so far we have a waiting list for places. If you put your name on the "very interested" list you should now have been contacted, paid (£8 per person for a seat on a coach & a zoo ticket) and had your places confirmed or told if you are on the waiting list - **please get in touch if you haven't!**



We will be in touch with those on the waiting list as soon as we have places, but apologies if you miss out on this year's trip.

Fun day at Disability Challengers - Bank holiday Monday 7th May!

We are celebrating our 5th anniversary and 50 years of the NAS with a fun day at Challengers! We will have a cake to celebrate, face painting, a bouncy castle, arts & crafts and anything else we can organise. Bring along a contribution to 'party' lunch (like we do at Cyber Zone!) and stay for the whole day. The cost is £3 per person to help cover the costs. Get in touch with Nikki as soon as possible and come along and join the fun!

**Carers Week!**

This year Carers Week is 18th - 24th June and the theme for 2012 is "In Sickness and In Health". It calls for better financial and practical support, regular health checks and more carers' breaks for the diverse range of people who have caring responsibilities. Our regular Coffee Zone on the 19th June is there for anyone who is a parent/carer and wants our support.

**Drop-in speech therapy sessions!**

These are bookable sessions for parents to have a 1:1 talk with a qualified speech and language therapist to discuss any concerns about their child and hopefully get answers that help them. This is available to any families with additional needs in Hart and Rushmoor. At Southwood Clinic, Links Way, Southwood Village, Farnborough. Call 01252 335 187 for more info or to book a session.

Mustard Seed - Supporting Families living with Autism

From Sarah Clements at Mustard Seed:

We are a small local charitable organisation who provide support in the home for families living with autism. We would like to survey the local population to identify what needs, within the home, are out there for children who are on the spectrum. We are particularly interested in families living in the Hart and Rushmoor areas of Hampshire and Surrey border. Please could you take a few moments to follow the link below and complete a very short survey. This will enable us to focus our services to where they are most needed. www.surveymonkey.com/s/K5GLWK8 To contact Mustard Seed, please e-mail info.mustardseed@fsmail.net or call/ 07980 636413,



Branch rules

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

What you can expect from your branch volunteers -

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

In return, we ask that all branch members -

- Treat all volunteers and branch members with respect. Any physical, emotional, verbal abuse or rudeness towards volunteers or other branch members will not be tolerated.
- Treat all branch property (including the venues we use) with respect and do not deliberately damage anything.
- Communicate with the branch volunteers. We ask that you tell us if you have any concerns and respond to our questions or queries within the agreed time limits. This includes ensuring that you pre-book for all events* and tell us how and when you will cover the cost (if there is one).
- Supervise and be responsible for their children at all times. As a result, they must do all they can to ensure that their children also follow this code of conduct.
- Pay in advance for branch events when booking places (for drop-in activities it is fine to pay on the day.) We can accept any of the following:
Cheques: **made payable to "NAS Hart & Rushmoor" and posted with a booking form to NAS H&R, 118 Fernhill Road, Farnborough, GU14 9DR.**
Cash: at any of our Zone activities or through the door at the address above.
Paypal: whether you have a Paypal account or not, you can use your credit or debit card.
 Simply go to www.paypal.co.uk and make payment to paypal@nasHandR.org
- 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 / 01252 694934 or the regional officer, Tracey Sellers via 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!

Temple Grandin talk in Reading

The NAS have organised an evening event in Reading Town Hall on Monday 18th June. Dr. Temple Grandin will talk about her life and experiences and there will also be an opportunity to ask questions following the talk. There are 500 tickets available and everything kicks off from **6pm and the event is due to end at 9pm. It's recommended that you book early to avoid any disappointment.** Tickets are £20 or £18 for NAS members (plus VAT on both prices!) To book tickets please follow this link - www.rsvpbook.com/event.php?484162 or call Janet Matthews on 0115 911 3367.

Autism Show 2012

Tickets are now available to book for the Autism Show on 15th and 16th June at ExCel in London, £10 per person (concessions are available!) if you book before the day. For more info go to www.autismshow.co.uk or call 020 8882 0629.

NAS helplines

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

The NAS **Parent to Parent line**
0808 800 4106 is a free and confidential
telephone support service offered by
volunteer parents of an adult or child
with an ASD.

www.autism.org.uk/autismdirectory
A comprehensive directory of services
and support for those affected by autism.

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

Other local branches & support

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

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

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

NAS Basingstoke Branch: call 07435 751193 - the website is currently unavailable.

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

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

Parent Voice: www.parentvoice.info or phone 02380 721206. The Parent Voice participation worker for H&R is Claire Symington clairesymington@roseroad.org.uk or 07508 979 405.

Good health care for all

This booklet is a result of the Foundation for People with Learning Disabilities' extensive health work. It provides practical hints and tips for people with learning disabilities, family carers and anyone who supports a person with learning disabilities on how to go about using the NHS, what to expect, real life examples of challenges and how they can be overcome as well as some advice about how to get help and some useful contacts to get more information. We have a printed copy in the resource library. www.learningdisabilities.org.uk/publications/176171/



Gateway Cards

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

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



If you are a Surrey family, your places will be subsidised by the branch, but we will really need your help to fundraise for the branch!

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 (12th June & 3rd July) They are there to provide independent advice about special educational needs. Go to www.sossen.org.uk for more info. If you **can't get along to the sessions, simply** call their helpline on 020 8538 3731. Their website contains a vast amount of useful info so please take a look!

Autism Friendly Films

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



Inspiring You sessions at Connaught Leisure Centre

To coincide with the Olympic games on the 27th July - 12th August and the Paralympics games on the 29th August - 9th September, there will be a Connaught leisure centre Inspiring You Paralympics games. They have invited coaches from around Rushmoor to come and show the skills needed to take part in the games and show everyone the FUNdamentals of the games. There will be boccia, wheelchair basketball, goal ball, judo and then to top it off a small triathlon. During the September session they will be bringing all the games together and having their own Paralympics - **there's lots of medals and certificates to be won. The dates are...**

- Saturday 19th May, 2 - 4pm
- Saturday 9th June, 2 - 4pm
- Saturday 14th July, 2 - 4pm
- Saturday 12th August, 1.30 - 4pm
- Saturday 8th September, 12 - 4pm (The main event!)

For more info contact the centre on 01252 344438.



PAG activities

PAG's MADD clubs are still running during term-time for those aged 5 - 18 years.

Drama: Tues, 5.30-6.30pm, Princes Hall, Aldershot.

Singing: Weds, 6-7pm, Samuel Cody, Farnborough.

Dance: 5.30-6.15pm & 6.15-7.30pm, West End Centre, Aldershot.

For more information, contact Ann on 01252 837112 or go to www.pagforspecialplay.co.uk

Aukids magazine - special edition

For those of you who have only recently received a diagnosis, there is a special issue of Aukids magazine available. H&R have several copies at The Zone if you would like one. (Get in touch if you need us to post you a copy!)

Things you should know...

DLA & Carer's Allowance

You are entitled to claim Disability Living Allowance on behalf of your child. For more info, go to www.direct.gov.uk or call 0800 882 200 and request a form is sent to you.

The DLA guide produced by Cerebra is excellent and of course you can always come along to DLA Zone for help too! Remember to keep a copy of your completed forms, they really help when it comes to renewal time.

RADAR key

Usually available free from your council if your child is in receipt of DLA. You may need to complete a form for the environmental health department. They can also be purchased from www.radar-shop.org.uk for £4.80 inc p&p.

Family Fund

Family Fund provide grants to low-income families raising disabled and seriously ill children and young people. They can help with essential items such as washing machines, fridges and clothing but can also consider grants for sensory toys, computers and much needed family breaks together. Go to www.family-fund.org.uk or call 08449 744 099.

Social Skills group in Aldershot

Social Skills course from 10am - 12pm on a Saturday morning at The Games Shop, Aldershot. Sessions are designed to assist children with Autism to be able to cope with social situations. The courses will run for 6 weeks at a time - the next one begins on the 26th May (ending on the 7th July). For those aged 5-13yrs, costing £5 per session. Call Helen Dunkley on 01483 869553.



What else have you discovered?

Breakdown Service

With most breakdown services (the AA, RAC etc.) if you are a member and you tell them that you have your disabled child/adult in the car when you ring for assistance, they will make your call out a priority!

Dentists

If your child has special needs and cannot be seen by an ordinary dentist, then ask your current dentist, GP or health visitor to refer them to the Community Dental Team. You cannot self-refer. Your child will then be seen by the special care dentistry team. If you struggle to get a referral please call 0845 0508345 for advice.

Library Access Card

If your child has learning difficulties/an ASD they can have an Access Card which entitles them to 2 audiovisual items free of charge (music CDs, videos, DVDs, CD-ROMs and video games) and all their audiobooks on tapes or CD are free. Ask in your local library for more information.

SEN Code of Practice

Make sure you have this if you are trying to obtain a Statement of Special Educational Needs for your child. Available free from www.education.gov.uk/publications or call 0370 000 2288.

Hampshire County Council produce various leaflets around the issue of Special Educational Needs - call 01329 225 398 and ask for a copy of all their SEN literature, or possibly 2 if you think the school might require a set!



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info@nasHandR.org

We're on the web!

www.nasHandR.org

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

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

From our Facebook Group...

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

Cerebra - toilet training guide

Cerebra have produced a new guide about toilet training children on the autism and intellectual difficulties. It is well worth a read, so we have also printed a copy for our branch library too!

www.cerebra.org.uk/English/getinformation/dailyliving/Documents/Toilet%20training-web.pdf



The Gordon Brown activity centre

Saturday Club Fun at the Gordon Brown Centre; you can enjoy a variety of activities including feeding and caring for their animals, art activities and fun and games outside. Sessions run from 9.30am to 12.30pm and cost is £9.50 per child each session and this includes a drink and a biscuit at snack time. On 19th May, 23rd June and 14th July. For more info call 01256 762824 or you can e-mail admin@thegordonbrowncentre.org.uk The centre is in Ridge Lane, Rotherwick, Hampshire, RG27 9AT.

Avon Tyrell Short Breaks

Funding announced for more fun packed inclusive family breaks at Avon Tyrrell! Dates available for August 10th - 12th, December 7th - 9th & February 22nd - 24th 2013! CFor more info go to www.avontyrrell.org.uk/page/Inclusive+Family+Breaks.jsf?cid=2263 or call 01425 672 347. The centre is in Bransgore, Hampshire, BH23 8EE.

This is the newsletter of the Hart & Rushmoor Branch of The National Autistic Society. Views expressed in this newsletter are not necessarily those of The National Autistic Society, and reference to specific services or approaches to autism does not imply endorsement.

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May, June & July activities for those in Hart & Rushmoor!



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

Monday 7th May, 10.30am - 4.30pm

Family fun day @ 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 and please 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 all currently allocated and we have a waiting list.



Sunday 3rd June, 10.30am - 3.30pm

Family fun day for the Diamond Jubilee @ The Zone

Where: The Zone! at Samuel Cody Specialist Sports College, Ballantyne Road, Farnborough, GU14 8SS.

Cost: £3 per person (to help us cover some of the costs)



Wednesday 6th June, 2 - 4pm

Roller disco fun

Where: Tomlinscote Sports Centre, Frimley, GU16 8PY

Cost: £5 per child

Come along and join us - skates and pads are provided!



Wednesday 6th June, 2 - 4pm

Bouncy castle & play zone for under 7's

Where: Tomlinscote Sports Centre

Cost: £5 per child

Fun just for our younger members!



Saturday 16th June, 12-1pm for those aged 6 - 9 years & 1-2pm for 10 - 13 year olds

B&Q kids DIY class **(places are limited and won't be allocated first come, first served.)**

Where: B&Q in Farnborough

Cost: £5 per child

Make a tool box or a bird box.

Parents must stay!



Sunday 15th July, 10.30am - 3.30pm

Family fun day @ Manydown Farm in Basingstoke (Special needs families only)

Where: Manydown Farm Shop, Scrapps Hill Farm, Worting Road, RG23 8PU.

Cost: £7.50 per child and adults are free.

Food available to purchase too!

There will be a inflatable fun, face painting, giant hay bale to climb, go-karts, floor-level trampolines, giant sand pit and of course the animals, tractor rides and a growing maize maze - all included in the entry price.



Payment must be made in advance -

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

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