



# NAtterS

Hart and Rushmoor Branch newsletter

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

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Issue 31

September/October 2012

### AGM date....

We are holding our branch AGM at our Coffee Zone on Tuesday 9th October. It won't be anything complicated or exciting - all of our Branch Committee Members are happy to continue as they are, but it will allow us to carry on what we are doing with your blessing - and it makes things legal! There won't be anything long to listen to as Nikki hates public speaking - oh, and there will be cakes & doughnuts!

### Trainwalk 2012

This year's Trainwalk was a little on the damp side to begin with but a great time was had and we wanted to say a huge thank you to everyone who joined us on the day and helped to raise funds for us. We are still collecting the money, but we will let you know the grand total as soon as we have it! The JustGiving page, [www.justgiving.com/NASHandRtrainwalk](http://www.justgiving.com/NASHandRtrainwalk) is still in operation - if you couldn't join us on the day and want to make a donation to the branch, we'd love to add it to the total!

We are already working on our next fundraising event - a sponsored bounce in February half-term, hopefully on a bouncy castle and a trampoline!

## 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.)

### 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

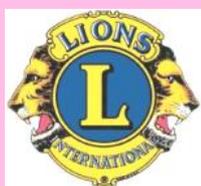
[www.facebook.com](http://www.facebook.com) (search for NAS Hart Rushmoor in "groups" and you'll find us!)

### Other committee members:

Colin Smith (at The Zone)  
Karen Booth

### Zone helpers:

Angie, Carol, Sara, Karin,



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

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

Accept difference. Not indifference.

# September 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<p><b>All Zone activities are based at:</b>                      The Zone! @ Samuel Cody Specialist Sports College,                      Ballantyne Road, Farnborough, GU14 8SS.                      We are in the building as far to the right of the school site - with the Military                      College &amp; Oak Farm Pre-School (look for the NAS arrows.)</p>					
3	4 <b>Coffee Zone:</b> 9am - 12pm	5 <b>After School Zone:</b> 3 - 6pm 	6 <b>Building Zone:</b> 3 - 6pm	7 <b>Teen Zone!</b> 6 - 8pm	8 9	2 <b>Trainwalk 2012!</b> Frimley Lodge Park, 1pm.
10	11 <b>Coffee Zone:</b> 9am - 12pm 	12 <b>After School Zone:</b> 3 - 6pm	13 <b>Building Zone:</b> 3 - 6pm 	14 <b>DLA/Admin Zone:</b> 9.30am - 11.30 	15 <b>Cyber Zone:</b> 10.30am - 2.30pm	16
17	18 <b>Coffee Zone:</b> 9am - 12pm	19 <b>After School Zone:</b> 3 - 6pm 	20 <b>Building Zone:</b> 3 - 6pm	21	22 <b>SenseCere course</b> @ The Zone <b>Runways End - activity weekend!</b>	23
24	25 <b>Coffee Zone:</b> 9am - 12pm 	26 <b>After School Zone:</b> 3 - 6pm	27 <b>Building Zone:</b> 3 - 6pm 	28	29 <b>Cyber Zone:</b> 10.30am - 2.30pm	30

October 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2 Coffee Zone: 9am - 12pm 	3 After School Zone: 3 - 6pm	4 Building Zone: 3 - 6pm 	5 Teen Zone! 6 - 8pm	6	7
8	9 AGM at our Coffee Zone: 9am - 12pm	10 After School Zone: 3 - 6pm	11 Building Zone: 3 - 6pm	12 DLA/Admin Zone: 9.30am - 11.30 	13 Cyber Zone: 10.30am - 2.30pm	14
15	16 Coffee Zone: 9am - 12pm 	17 After School Zone: 3 - 6pm 	18 Building Zone: 3 - 6pm	19	20	21
22	23 Coffee Zone: 9am - 12pm	24 After School Zone: 3 - 6pm	25 Building Zone: 3 - 6pm 	26	27 Cyber Zone: 10.30am - 2.30pm	28
29 Fun Zone! 10.30am - 2..30pm	30	31 Halloween Zone! 4 - 6.30pm	1st November Intech evening 4.30-7pm (time to be confirmed)	2nd November	3rd November	4th November

### Our previous activities...

#### Bocketts Farm

On Tuesday 26th July we headed off for our annual trip to Bocketts Farm (not on our usual weekend due to the Olympic cycling event!) We had such wonderful weather and everyone thoroughly enjoyed seeing all the animals, watching the pig races and the very bumpy tractor & trailer rides. We'll hopefully do it all over again next year!



#### Laser-Run

On Tuesday 31st July we hi-jacked the whole of the Laser-Run arena for our 2 sessions. It was wonderful to see so many new faces along with familiar ones. The children had a great time, ending up very hot and sweaty.....along with those parents who were brave enough to join in too!



#### Thames Valley Adventure Playground

On Sunday 5th August we had our annual day out at Thames Valley Adventure Playground - the weather was wet to begin with but luckily the sun joined us and enabled families to enjoy everything on offer at the fabulous venue. The picnics were plentiful, the water play was entertaining and everyone had a great time. Roll on next Summer!



#### Donutting

Our 2 donutting sessions on 7th August were as popular as always and thoroughly enjoyed by all. There were many hot, sweaty heads under helmets but the best part of the last session was when several of the mum's decided to have a go; the screams were loud and the smiles were big....hence the mum's donutting session next month!



#### Eagle Radio sessions

On 13th & 15th August we had Eagle Radio join us at The Zone to make some clips for their sister station Eagle Extra. The children were great at interviewing each other! See the back pg for URL!



#### Indoor climbing at Alton

On Tuesday 14th August we went climbing at Alton Sports Centre - we were so impressed at how well the youngsters did; getting to the top of the wall and so quickly with such confidence. The mums weren't queuing up to try this activity!



#### Bowling in Farnborough

This session was in Angie's competent hands and from what we hear, a fab time was had by all!



#### Ceramic painting in Fleet

A great way to end the Summer events...Ceramic painting on 28th August. It was a fantastic atmosphere of eager painters wanting to make their individual masterpieces - well done to the grown ups who joined in too!



Hampshire County Council

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



## News for parents & carers

### Facebook, Twitter & Pinterest

The branch Facebook group is constantly growing and is very active.. Please join us, introduce yourself, ask a question or simply read the other posts. Just go to [www.facebook.com](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.

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) and follow us?

### Branch resource library

The library is always available at The Zone! and books can easily be returned there or at any of our events. Tell us if there 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.

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



**Makaton training;** unfortunately our September/October course has had to be cancelled as we didn't have enough people interested to make it financially viable.

There are fewer daytime sessions at The Zone! - this is because we do not have the funds to run all of the activities we were running but we promise if there is a demand for particular sessions we will reinstate them.

### Mum's fun!

We have 2 events for Mums in October - on Monday 1st we are going donutting at 10.45am! (Yes, we have listened to your requests to have a fun session without the kids there!) The cost is £7 per person donutting and we are then going to have lunch out afterwards. On Saturday 20th we are having a meal at Mimosa in Farnborough at 7.30pm. The price to pay on the night is £13.95 + drinks. If you want to join us, simply find the Facebook events or contact Nikki.

### Coffee at The Games Shop in Aldershot

Hilary is planning a drop-in coffee morning for families with ASD children on Wednesday 17th October, from 9.15am onwards at The Games Shop in Aldershot (opposite Costa) - it's open to everyone, whichever area you live in, they would be delighted to see you for caffeine and sugar! Marion from SOS!SEN will also be there but specifically to talk to people who have been to Tribunal since October 2010 or had an appeal settled just before a Tribunal.



# 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.

**Donations of juice or biscuits are always welcome too!**



## Cyber Zone

10.30am - 2.30pm (this is the new, later start time) on alternate Saturdays at The Zone. There are games consoles (PS3, Wii's, Xbox360), handheld games (PSP's, DSI's, 3DS's, laptops and android tablets. We also have an area for arts & crafts, Duplo and wooden train track for those who aren't keen on gaming.

**Warhammer** @ Cyber Zone sessions: usually have the chance for those who are interested in Warhammer 40,000 to make a figure and paint it. All ages and abilities welcome - extra pairs of adult hands are always appreciated!



## After School Zone



Every Wednesday during term-time, join us at After School Zone! from 3 - 6pm. These are drop-in sessions for families to come to when they want to. The suggested donation is £1 per child. The Cyber Zone equipment is there, arts & crafts and more.

## Building Zone

Every Thursday during term-time 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 the first Friday of the month, 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 will need to stay at these sessions.

## Teen Zone are going out!

The plan for our Teen Zone is that we will go out & about once a month too...but as many of our teens are attending the Runways End event, there won't be an outing in September so the details for the outing in October will be advertised as soon as the details are finalised. We are working on future activities, so if you have any suggestions please do let us know.

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

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

**Fun Zone!**

During October half-term we will have our Fun Zone! session on Monday 29th October, 10.30am - 2.30. We will have all the usual activities there and a group lunch as well (please bring along a contribution - sausage rolls, crisps, something your child will eat.) £1 donation per child.

On Wednesday 31st October we are having a Halloween party at The Zone! 4 - 6.30pm, £3 per child and bring along a plate of spooky food - complete the booking form to get your places.

**Intech evening**

On Thursday 1st November (during half-term) we have our annual evening at Intech in Winchester. From 4.30 to 7pm (time to be confirmed asap!), just for families with children who have additional needs. Places are £3.50 per person including adults. If there are spaces, this event will be open to those out of our area. See the booking form on the last page.

**Junior Disability Sports at Surrey Sports Park**

A fun sports session for young people and their siblings. Activities include trampolining, climbing and multi-sport (the programme subject to change). With limited instruction this session is supported by volunteers with an emphasis on fun, trying different sports and being your self! Families and siblings are also encouraged to take part.

On Saturdays, beginning from 8th September - 15th December, 2 - 4pm, £4 per family. There are no sessions on 29/09, 27/10, 03/11, 08/12.

For more information contact Laura on 07894 984 906 or Barry on 07752 888 088.

**SenseCere activity day at The Zone!**

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

**Adults with a diagnosis of Autism or Aspergers needed for a new project....**

The aim of the FIRST (Flexible Interactive Reading Support Tool) project, funded by the European Commission, is to create software that will translate documents and text into a simplified format that is easier for people with autism spectrum disorders to read and understand.

The software is being developed by a team of computer programmers who specialise in language technology and professionals in the field of autism. The team will work with a large sample of adults (aged 18yrs+) who have ASD to research and evaluate how the software can best meet their needs.

As people with ASD often have difficulties in understanding long sentences, complicated concepts, metaphors and other expressions, the software will make information more accessible by simplifying or removing these obstacles to reading comprehension. Reading difficulties present a significant barrier to the participation and inclusion of people with autism in all aspects of society, including education and employment.

You can find further information about the project here, [www.autism.org.uk](http://www.autism.org.uk)

Potential participants should contact Dr Vesna Jordanova, Consultant Psychiatrist at Sheffield Asperger Syndrome Service/Imperial College London (email: [v.jordanova@imperial.ac.uk](mailto:v.jordanova@imperial.ac.uk)) or Martin Keats, Researcher, Imperial College London (email: [mkeats.first@gmail.com](mailto:mkeats.first@gmail.com)) Tel: 077 3866 1592.

## 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**

## NAS news!

The NAS has welcomed the publication of draft legislation on reforms to the special educational needs system in England. The draft legislation sets out provisions for statements to be replaced by Education, Health and Care Plans (EHCP), which will extend statutory protections for children with SEN up to the age of 25 for those in further education. Follow the NAS education blog to make sure you are kept up to date: [www.nas-education-update.blogspot.co.uk](http://www.nas-education-update.blogspot.co.uk)  
Full details of the draft legislation can be found here: [www.official-documents.gov.uk/document/cm84/8438/8438.pdf](http://www.official-documents.gov.uk/document/cm84/8438/8438.pdf)

## 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

### Branch fundraising - we need your help!

We are now holding a monthly subcommittee meeting at The Zone! in the daytime and the plan is that we will be able to get as many branch members together who are eager to help us raise funds and divide the work between everyone to ensure the funding is in place to allow us to keep running The Zone! from 1st April 2013.

There several pots of money we are able to apply to but it all takes time and we need some help to succeed with the challenge of the paperwork!

Please get in touch if you have some spare time, enthusiasm and want to help us.

### Other local branches & support

**NAS Surrey Branch:** [www.mugsy.org](http://www.mugsy.org) or call Emma 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:** 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. The Parent Voice participation worker for H&R is Claire Symington [clairesymington@roseroad.org.uk](mailto:clairesymington@roseroad.org.uk) or 07508 979 405.

### Sensory Issues of autism

Dr Wendy Lawson, author of 'Understanding and Working with the Spectrum of Autism', 'Build your own life' and many other titles, will be giving another talk in our area. On Friday 12th October 2012, 7 - 9pm at All Hallows School, Weybourne Road, Farnham, GU9 9HF. The cost is £30 per person. For further information go to [www.autismevents.co.uk](http://www.autismevents.co.uk) or contact Jane on 07866 961310.

### 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 Hampshire families, go to [www.hampshiregateway.info](http://www.hampshiregateway.info)



### 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 on special educational needs.

They also run various workshops covering topics including School Action to Statement; Appealing a Statement; Working Document; Secondary Transfer; Post-16 Transfer and Cease to Maintain. These are run in Twickenham and cost £60 per workshop (there isn't any parking available.) Go to [www.sossen.org.uk](http://www.sossen.org.uk) for more details or call their helpline on 020 8538 3731.

## What's going on in Hart & Rushmoor....

### Parent Voice

Parent Voice is an information service for parents and carers of disabled children aged 0 - 19 in Hampshire - providing a single point of contact for the information and advice you need for your child. For more info, go to [www.parentvoice.info](http://www.parentvoice.info) or call 023 8072 1206. Alternatively, find them on Facebook by searching for Parent Voice Hampshire or on Twitter: @Parent\_Voice



### Parent Participation Worker in H&R area - Claire Symington

Participation workers offer information, advice and a signposting service for parents of children who have disabilities and additional needs. The information that they provide is tailored to your specific needs at that time. Claire can be contacted via [clairesymington@roseroad.org.uk](mailto:clairesymington@roseroad.org.uk) or on 07508 979405.

### Bridging Worker for H&R area - Emma Hall

Emma works with parents & carers to help their children find suitable leisure opportunities and access the Hampshire Short Breaks Scheme and alongside local leisure providers to help them to increase the selection of leisure opportunities for disabled children.

Contact Emma via email on [EmmaHall@roseroad.org.uk](mailto:EmmaHall@roseroad.org.uk) or on 07881 340137.

Some of you may have met Emma when she was at our Fun Zone session during the Summer.

### HPCN

The Hampshire Parent Carer Network (HPCN) is an independent, parent led group, set up to ensure that the families and carers of children and young people with disabilities or additional needs can participate fully in the development or services within Hampshire. If you want to know more about it or are interested in joining the group, please contact them via [info@hpcn.org.uk](mailto:info@hpcn.org.uk) or 07770977124.



### Hart & Rushmoor Voice

This is a new group to get those in Hart & Rushmoor together to discuss local issues which will help to identify issues occurring locally and on a county-wide level.. If you would like to find out more or join, then contact: [info@hpcn.org.uk](mailto:info@hpcn.org.uk) or 07770977124.

# Useful things to know...

## Family Fund grants

This charity help families across the UK who are raising a disabled child/young person with additional complex needs or serious illness. They provide grants towards family holidays, computers, kitchen appliances, driving lessons for parents and more. You will need to prove your entitlement to one the following: Child Tax Credit, Working Tax Credit, Income based Job Seekers Allowance, Income Support, Incapacity Benefit, Employment Support Allowance, Housing Benefit and Pension Credit. If you do not receive any of the above, further information may be needed to complete your application. To find out if you meet their eligibility criteria and for more information, go [www.familyfund.org.uk](http://www.familyfund.org.uk) or call 08449 744 099 (but they are always incredibly busy.)



## Cerebra grants

Cerebra is another charity who are able to provide grants to families with a child under 16yrs, with a neurodevelopmental condition (including Autistic Spectrum Disorder) and the item you'd like to apply for will improve your child's quality of life. They won't provide anything that should be provided by a statutory body like the NHS, LEA or social services. Examples of things they have funded included special needs buggies, specialist car seats, trampolines, speech and language therapy and more. This isn't means tested, but if your household income is more than £60,000 it's unlikely they will help you. To find out more go to [www.cerebra.org.uk](http://www.cerebra.org.uk) or call 0800 328 1159.



## 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) and go to [www.odeon.co.uk](http://www.odeon.co.uk) or call 0800 138 3315 to book your places and free carers seats.



## IPSEA

IPSEA's trained volunteers give free, legally based independent advice and support in England to help get the right education for children with SEN/D.

**General Advice Line: 0800 018 4016** for advice on problems with schools; requesting statutory assessment; proposed statements; disability discrimination; exclusion, etc.

**Tribunal Help Line: 0845 602 9579** for next-step advice on SEN appeals and disability discrimination claims to the Special Educational Needs and Disability Tribunal.

Opening times vary, so check their website for more info,

[www.ipsea.org.uk](http://www.ipsea.org.uk)



## Radar key

This is a nationwide system and the key will open all disabled toilets - great if your child cannot wait, doesn't get a lot of warning, has serious hand dryer issues or if your child is now too old to take into the ladies with you but you don't trust them to go in alone! They are available free of charge from Rushmoor Borough Council & Hart District Council to those who have proof of disability; a blue badge, yellow card or a diagnosis letter. If you need additional keys, you can purchase them from the Radar shop at [www.radar-shop.org.uk](http://www.radar-shop.org.uk) where they cost £2.25 + £1.75 p&p.





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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!

## From our Facebook Group...

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

Have you tried using a **seat wedge** or **wobble cushion**? Several members have recommended them as their children have really benefitted from sitting on them, at school, in the home and even when eating out in restaurants. It provides them with enough movement whilst remaining seated.

Available from various places including [www.amazon.co.uk](http://www.amazon.co.uk) and [www.spacekraft.co.uk](http://www.spacekraft.co.uk)

If you are looking for **travel insurance**..... Family Fund have teamed up with independent brokers Holiday Direct Insurance to offer families with disabled or seriously ill children or young people (up to 23 years if in full-time education at the time of travel.) affordable travel insurance.

[www.holidaydirectinsurance.co.uk](http://www.holidaydirectinsurance.co.uk) and quote Family Fund code **FF0712** or call them on 0844 856 6855.

For those of you who were involved in the **Eagle Radio sessions**... The recordings are now available to listen to on the Eagle Extra website at:

[www.eagleextra.co.uk/community/summergroups/nationalautistic.php](http://www.eagleextra.co.uk/community/summergroups/nationalautistic.php)  
There is an 18 minute long clip which contains all of the recordings of those who attended the first and second sessions; it's lovely to listen to them!

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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