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Do you know of any companies who might sponsor our newsletter? £500 a year would make a huge difference!

Issue 37

September/October 2013

Apologies for the delay in getting this issue out but life has been a little chaotic with 3 boys off for the long Summer holidays - only returning to school on the 10th. Hopefully everyone has now settled into their term-time routines again.

We are busy trying to organise our latest committee meeting in order to plan our AGM to discuss the direction the branch is heading in. There are so many exciting things we would like to be able to achieve but we will need your input to make it all happen!

The missing PS Vita was never returned and although we had hoped that it was taken by accident we now have to assume it was stolen. In future any items that are taken will have to be reported to the police in order for us to be able to claim on our insurance. It really is upsetting that someone stole from a charity that provides such equipment for ASD children to use! Here's hoping that it doesn't happen again.

Nikki Smith, Branch Officer

Committee contact details

Branch Officer:

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If you'd like to join us, then get in touch and we'll discuss it with you.

The Zone:

Carol Bulman
07825 280274

Teen Zone:

Gaye & Annie McGowan
events@nasHandR.org

Facebook group

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

Other committee members & volunteers:

Colin Smith, Jenny Thomas, Karen Booth, Jess, Riannon, Kaleigh & Hazel!

September 2013

Mon	Tue	Wed	Thu	Fri	Sat	Sun
2	3 Coffee Zone: 9am - 12pm	4 After School Zone: 3 - 6pm	5 Building Zone: 3 - 6pm 	6 Teen Zone! 6 - 8pm	7	8
9	10 Coffee Zone: 9am - 12pm	11 After School Zone: 3 - 6pm 	12 Building Zone: 3 - 6pm	13	14 Cyber Zone: 10.30am - 2.30pm	15
16	17 Coffee Zone: 9am - 12pm 	18 After School Zone: 3 - 6pm	19 Building Zone: 3 - 6pm 	20	21	22
23	24 Coffee Zone: 9am - 12pm	25 After School Zone: 3 - 6pm	26 Building Zone: 3 - 6pm	27	28 Cyber Zone: 10.30am - 2.30pm Mums' night out - The Gloster @ 8pm	29
30	<p>All Zone activities are based at: 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 (look for the NAS arrows.)</p>					

October 2013

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Coffee Zone: 9am - 12pm	2 After School Zone: 3 - 6pm	3 Building Zone: 3 - 6pm	4 Teen Zone! 6 - 8pm	5	6
7	8 Coffee Zone: 9am - 12pm	9 After School Zone: 3 - 6pm 	10 Building Zone: 3 - 6pm	11	12 Cyber Zone: 10.30am - 2.30pm	13 Bowling 11.15am
14	15 Coffee Zone: 9am - 12pm	16 After School Zone: 3 - 6pm	17 Building Zone: 3 - 6pm	18	19	20
21	22 Coffee Zone: 9am - 12pm	23 After School Zone: 3 - 6pm 	24 Building Zone: 3 - 6pm	25	26 Cyber Zone: 10.30am - 2.30pm	27
28 Intech evening 5 - 7.30pm	29	30 Fun Zone! 10.30am - 2.30 Teen Zone Out! Wrestling event	31	1st November Laser-Run 11am & 12pm	2nd November	3rd November

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!

If cost/transport is an issue, contact us as we may be able to help but there are no guarantees.

Cyber Zone - term-time only!

10.30am - 2.30pm on alternate Saturdays at The Zone beginning on 14th September. 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. Please remember your food donation towards group lunch - anything your child likes to eat is usually a good idea. The cost is £2 for the first child and £1 for each additional sibling.



After School Zone - term time only!

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 - term-time only!

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 - term time only!

These sessions are especially for those aged 11 years + who want to come along and play console games and socialise with those who are a similar age. On one Friday each month (so far 4th Oct, 1st Nov & 6th Dec) 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! You may bring 12+ rated games but they must be approved by a committee member FIRST. 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 socialising more, we are planning a variety of Teen Zone Out events. The current plans include attending a wrestling event at Princes Hall, Aldershot on Wednesday 30th October, places cost £12 per child/teen/extra adults + a free carer for those with a diagnosis. For more info or to let us know if you have any ideas for events for the teens, contact Gaye on events@nasHandR.org

Please remember our Branch Rules on page 6 - you are responsible for your children at all of our activities and you must supervise them at all times!

Half-term events

Intech: On Monday 28th October we have exclusive use of Intech (hands-on science centre) in Winchester from 5 - 7.30pm. The planetarium will be showing "we are aliens" which is suitable for mixed ages. The cost is £4 per person including adults (under 3's are free). As this activity is some distance away we are happy to provide a coach from Samuel Cody School



Fun Zone: On Wednesday 30th October, 10.30am - 2.30pm we will have a Fun Zone session. This will be run like our Cyber Zone sessions, £2 for the 1st child and £1 for each additional sibling. Please remember to bring along something for group lunch. Hopefully the weather will be nice and we can still play outside!



Laser-Run: On Friday 2nd November we have 2 sessions at Laser-Run; 11am for those who prefer the lights on & the smoke machine off and then 12pm for those who want to try playing with the lights off & the smoke machine on! The cost is £6 per person.



The usual payment rules apply - see page 6/booking form for more details.

Sunday events

We thought we'd try an additional weekend event - tell us if you'd like us to run more of these and we will! We're starting with bowling at Farnborough on Sunday 13th October at 11.15am. We have eight lanes booked for 2 games! The cost is still just £3 per bowler for one or two games.



The usual rules apply, pay in advance to guarantee your places. See the booking form on the last page for more details.

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 a time 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) Pre-schoolers are always welcome - there's usually a couple of babies/toddlers there each week.



DLA/Admin Zone!

If you need help with DLA forms or other paper work, get in touch with us and we can easily setup a session at The Zone.

Mums' Nights Out

Jenny Thomas has very kindly organised a Mums' Night Out for Saturday 28th June at The Gloster (Hungry Horse) in Farnborough at 8pm - there's more details on the Facebook group or contact us.

We are already looking into where to go for our Christmas night out in December and details will be available as soon as we have them.



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
- 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 / 01252 694934 or through NAS Head Office via Alessia Mitchell on 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

Our previous activities...

Teen Zone graffiti

This was a brilliant evening in the middle of July, when so many of our Teen Zone members came to The Zone! to try their hand at graffiti art, even those who really weren't keen at the start had a great time. It was a good job it was outside as the paint fumes were strong but the finished articles were definitely worth the hard work, concentration and effort! Huge thanks to Tom at www.graffworkshop.co.uk



Bocketts Farm

The weather was nice to us again this year, on Sunday 21st July we had a great time on the tractor ride, feeding the animals, watching the pig races and playing in the play areas. We'll be doing it again next year but hopefully with transport too!

Fun Zone!

Every Wednesday throughout the Summer holidays we had a Fun Zone! Session where families could just drop-in and join us. It was brilliant to see children and adults thoroughly enjoying the bouncy castle and the go-karts & trikers (they really do make your leg muscles work hard!) Huge thanks to the MPCT for their assistance in putting the gazebo up and training around the bouncy castle!



Thames Valley Adventure Playground

On Sunday 4th August we went for our annual Summer outing to TVAP in Maidenhead. We had the whole playground to ourselves, the sun was shining and therefore the new look water play area was popular....even the adults were getting wet (some unintentionally!) Hazel had great fun riding the horse, the sensory room was perfect for chilling, whilst others explored the wooden fort.



Laser-Run sessions

On 6th & 23rd of August we had great fun at Laser-Run, the battle between blue and red teams was hard work, as always, but great fun for everyone too!



Donutting fun

We had a busy time at Donutting on 12th August; it was a tough job pulling donuts up the slope but definitely worth it for the thrill of whizzing down the slope! Huge thanks to Carol for being in-charge at this one.

Ceramic painting

Many masterpieces were created at this session and the look of concentration on several peoples faces was wonderful to see. All items have now been fired and are ready for collection from the shop/The Zone!



Bowling

Our final Summer event was a session at Farnborough Bowl - we had a wonderful time with plenty of families really enjoying their game....next time we may need to have 2 games.



Hampshire
County Council



Huge thanks to Hampshire County Council for Inspiring You funding towards many of our activities, as well as the Tesco Charity Trust.



NAS helpline numbers...

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. 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

Branch resource library

The library is always available at The Zone! and books can easily be returned there or at any of our events. If you have borrowed books or equipment from the branch please can you return them. We intend to have a major reorganisation of the library books and replace any that have gone missing or been torn, as well as purchasing new titles too.



Fundraising news!



The Thatched Cottage are still counting the pennies but we're very grateful for all their hard work and enthusiasm on behalf of our branch!



Co-operative Community Fund

We have been successful with our bid for £1675 to purchase various items for use at The Zone! including more computer games, a couple of portable DVD players and headphones for our members who like to watch specific DVD's.

We're supported by
The **co-operative** membership
Community Fund

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 those with an ASD.

www.autism.org.uk/autismdirectory
A directory of services/support available.

Education advice for parents whose children
have autism or AS, call 0808 800 4102

Other local branches & support

NAS Surrey Branch: www.mugsy.org or 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.

Parent Voice: www.parentvoice.info or phone 02380 721206.

Other local news...

Gateway Cards

Hampshire Gateway Cards allow your child to attend

Inspiring You funded events, please complete a form at The Zone or go to www.hants.gov.uk/gatewaycard

To view activities available to Gateway card holders, go to

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 walk-in sessions at **SOS!SEN** The Games Shop in Aldershot will now be held on the 2nd Tuesday of the month (10th Sept, 8th Oct, 12th Nov). Go to www.sossen.org.uk for more info on their opening hours.

Contact a Family

Help & advice on various issues, including education, is available through their helpline on 0808 808 3555 or e-mail them helpline@cafamily.org.uk

R_U_able 2

Inclusive weekly weekend sport & leisure activities at Kings College International, Camberley. £4 entrance fee to Get Wet, Get Fit and most of all have fun!

Events include teacher led swimming for beginners and those who want to have fun playing water games such as water volleyball & basketball, Saturdays 5 - 6pm and also team sport events and arts & crafts activities are running on Sundays 3 - 5pm.

For more info or to register with them, go to <http://www.r-u-able2.co.uk> or 07739 595165.

Autism Friendly Screenings

More cinemas are now running these special screenings including Odeon (Basingstoke), Cineworld (Aldershot) & Vue (Camberley):

- Cineworld at 11am on the 1st Sunday of the month.
- ODEON at 11.30am on the 3rd Sunday of every month.
- Vue at 10am on the last Sunday of the month.

The lights will stay on low, the volume is lowered, there's no trailers at the beginning of the film, you can take your own food & drinks and you're able to move around if you need to.

There's more information and downloadable social stories available at:

www.dimensions-uk.org/what-we-do/autism-care/autism-friendly-films or you can talk to staff at your local participating cinema.



Challengers Fun Swims & Family Days!

Challengers Fun Swim sessions take place on the last Saturday of each month 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.

Challengers Family Sundays at Farnham playcentre run from 10am - 3pm during term-time only and cost £4 per child. For more info go to www.disability-challengers.org or call 01483 230 939.



Hart & Rushmoor Voice news

The next H&R Voice group meeting is on Thursday 19th September, 12.30 - 2.30pm at Turners Wood Children's Centre, Turners Way, Elvetham Heath, Fleet. Parents/carers of those aged 0 - 25 years who have a disability or additional needs are invited to meet others, collect info on local activities and enjoy a cup of tea. Laura Ocock, a Speech and Language Therapy Assistant from the Hampshire Early Communication Support team, will be attending part of the session - more info about the service is available at www3.hants.gov.uk/childrens-services/childcare/parents/parents-sen/early-communication-support.htm

Contact Natalie for more info about the group meeting on 07852 422089 or email her on natliewalker@roseroad.org.uk

You can also keep up to date with their info on their Facebook group: just search for "Hart and Rushmoor Voice".



Wendy Lawson workshops

Wendy Lawson is presenting two different workshops on autism on Tuesday 8th October 2013 at the Alton Maltings Centre, Maltings Close, Alton, Hampshire, GU34 1DT. These are for Hampshire recreation and leisure activity providers and parents/carers. Price per workshop: Hampshire parents/carers, £7 per person; Hampshire activity providers (all others), £15 per person standard price; £10 per person for voluntary organisations or for those that work on a voluntary basis. Bookings are on a first come first served basis.

Daytime workshop, 10am - 2pm: *The Passionate Mind, how people with autism learn*

Dr. Wendy Lawson MAPS; BPS, an adult with high functioning autism, presents internationally and is well published. Having written numerous papers and books, (varying from her autobiography to an everyday text on Autism) Wendy explores the influence of individual neurological development with reference to impact upon learning styles.

Wendy's workshops are research based and focus upon building bridges between the neurologically typical (NT) and autism spectrum (AS) worlds. Relationships; formal, informal, familiar or otherwise, all need to be negotiated. Typically, developing individuals seem to have little difficulty with communicating needs, wants and desires.

Being AS however, means we understand the world differently. This implies a clash in the social arena. Social demand and interaction for AS individuals is a nightmare.

* Note: No lunch will be provided. Please feel free to bring some with you

Evening workshop: *Understanding challenging behaviour of children with Autism Spectrum*

This workshop will run from 6.30 - 10pm and explore ways to encourage communication for individuals with autism spectrum conditions (ASC); suggest supportive interventions and environments that may help in ASC; show how the above can lead to success in ASC and enable individuals with ASC to feel good about who they are.

Go to the 'workshops' tab on www.hants.gov.uk/learning-development then complete and return the booking form. Bookings must be made in advance of the day. Bookings close on Tuesday 1st October 2013.

For more information or if you have any queries please phone the Admin team on 01962 845178 or email sporthampshireiow@hants.gov.uk

'GO (Great Opportunities) Club'

The GO! Club is for children and young people with mild to moderate special needs aged between 5 and 19 years. Every other Saturday during term-time, 2.30 - 4.30pm; the club has a fun and varied activity programme that includes sports, games, art and crafts. It is a short break for families, so parents and carers do not need to stay. At the Memorial Hall, Sandy Lane, Church Crookham, Fleet, GU52 8LD. The cost is £5 per session and booking is essential. For more info or to book places, call 01256 636288 or e-mail enquiries@familyresourcecentreuk.org



****Feedback we've had is that the sessions are great fun for the children and very quiet too, so worth getting in touch if you think your child might enjoy them****

Hampshire Handyperson service

This service can carry out small home maintenance jobs at an affordable rate. Jobs include carpentry, minor plumbing and electrical works, plastering and minor adaptations (eg, assembling flat pack furniture, replacing light bulbs, fit door chains and locks, unblock sinks, home safety checks etc.)



Funding for the Handyperson service is available to people over 55 and people who have a physical, mental or learning disability including families with a child who has a disability.

For more information go to www.asterliving.co.uk/your-peace-of-mind/whats-available/ or call 0800 694 0303.

New books by a branch member!

Branch member, Amy Celino, has had two books recently published on Amazon Kindle. There is "Herman the caterpillar who doesn't want to change" which is a social story directed at children who find the concept of change difficult. The second book is "Florence the dinosaur who has no roar", a light-hearted story about a dino with no roar which but something else rather special. It is aimed at non-verbal children.



More info available at www.amazon.co.uk (search "Amy Celino").

Each book currently costs 77p and can be downloaded via Amazon Kindle.



Radar Keys

A quick reminder that you can obtain a free key from your local council office by showing a diagnosis letter but if you need an additional key, we have some available to purchase at The Zone for £2.50 each. Get in touch if you need one.

For more info on Radar Keys go to www.radar.org.uk or call 020 7250 3222.



Wizzy World special needs sessions

Every Monday, 4 - 6pm, Wizzy World are running a session especially for families with a child with additional needs. It costs £3 per child including siblings (under 2's are free), food is available to purchase (the usual chips + chicken nuggets, sausages or fish fingers.) It's for those aged 12 years and under (but contact them if you have a child who is older as they may be flexible) and no proof of diagnosis is required. Call 01252 513001 for more info or to confirm sessions are running.



From our Facebook Group...

Martial arts classes

Every Monday at Southern Freestyle Martial Arts run an ASD martial arts class covering the fundamental basics. Held at Farnborough Town FC at 6.30pm (arrive 10mins before for a 6.30 start) the whole family are welcome to attend class - it is actively encouraged!

It's a very relaxed and friendly class and if you or your child need to stop at any point then it's not a problem.

The first class is free and then it's £4 per class (family discounts available; £10 for a family of 3, £12 for a family of 4.) For more info, go to www.sfk2013.co.uk or call 07522 463184.

You need to let them know in advance if you're planning to attend!



Shaving ideas!

This topic came up on the Facebook group recently; teens and the woes of shaving, be it boys and their faces or girls and their legs!

The general consensus was that electric shavers are safer but they can cause problems to those with sensory issues who cannot cope with the buzzing sound and vibration/tickling and although a razor avoids the sensory issues, they are far harder to control and not injure themselves with!

Then there was the suggestion of using hair removal cream but again this can cause sensory issues with the feeling of the cream and the smell of it

but it doesn't involve any blades, noise or vibration!

There's a useful video from Polly Tommey on YouTube discussing and practicing shaving with her 16 year old son with autism, go to



www.youtube.com/watch?v=8KGjt8jvsjI

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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