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HAPPY NEW YEAR

Apologies once again for the delay in getting the newsletter out to you all - life in the Smith/Stimpson household has been incredibly challenging and everything NAS H&R has had no choice but to take a back seat. To anyone who is on our e-mail mailing list: sorry if you receive more than one copy of the newsletter or indeed, don't get one at all - due to a few technical issues things have gone a little out of sync.

Nikki Smith, Branch Officer

An amazing thank you to the Hook Fun Run committee who have once again donated £250 to our branch. We really do appreciate all the hard work and effort that goes into their event and will put every penny to good use.

Thank you to the Williams Family - who instead of wedding gifts at their happy event on 28th December, asked for donations to our branch and also Mustard Seeds! We plan to put the £320 towards one of our family outings this year and hope that the Williams will be able to join us!

Committee contact details

Branch Officer:

Nikki Smith
118 Fernhill Road, Farnborough,
GU14 9DR. Nikki@nasHandR.org

Branch Treasurer:

Gaye McGowan
events@nasHandR.org

Newsletter editor:

Karen Smith
karen.m.smith@tesco.net

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

The Zone:

Carol Bulman
07825 280274 or 07860 806179

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!








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









January 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6	7	8 After School Zone: 3 - 6pm	9 Building Zone: 3 - 6pm 	10 Teen Zone! 6 - 8pm	11	12
13	14 Coffee Zone: 9am - 12pm 	15 After School Zone: 3 - 6pm 	16 Building Zone: 3 - 6pm	17	18 Cyber Zone: 10.30am - 2.30pm	19
20	21	22 After School Zone: 3 - 6pm	23 Building Zone: 3 - 6pm 	24	25	26
27	28 Coffee Zone: 9am - 12pm	29 After School Zone: 3 - 6pm 	30 Building Zone: 3 - 6pm	31 Mums' night out 7.30pm-11 Colosseio		

February 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Cyber Zone: 10.30am - 2.30pm	2
3	4	5 After School Zone: 3 - 6pm 	6 Building Zone: 3 - 6pm 	7 Teen Zone! 6 - 8pm	8	9
10 Breakfast meet-up Monkey Puzzle 9-11am	11 Coffee Zone: 9am - 12pm	12 After School Zone: 3 - 6pm 	13 Building Zone: 3 - 6pm 	14	15 Cyber Zone: 10.30am - 2.30pm	16
17 Donutting: 11.15am, Aldershot	18	19 Fun Zone: 10.30am - 2.30pm	20	21 Bowling Farnborough Bowl 11am	22	23
24	25 Coffee Zone: 9am - 12pm	26 After School Zone: 3 - 6pm	27 Building Zone: 3 - 6pm 	28		

March 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Cyber Zone: 10.30am - 2.30pm	2
3	4	5 After School Zone: 3 - 6pm 	6 Building Zone: 3 - 6pm 	7	8	9
10	11 Coffee Zone: 9am - 12pm 	12 After School Zone: 3 - 6pm 	13 Building Zone: 3 - 6pm 	14	15 Cyber Zone: 10.30am - 2.30pm	16
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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 request that you do not arrive before the start time and that you leave by the end time. We have very good setup/pack up routines and it's easier without any help!

Cyber Zone - term-time only!

10.30am - 2.30pm on alternate Saturdays at The Zone. There are games consoles (a brand new XboxOne and a PS4, 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 note:** that for the time being, there won't be a group lunch at Cyber Zone sessions. You are welcome to bring a packed lunch/picnic and eat in the main area between 12 - 1pm. 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 cost 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 cost 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 (10th Jan, 7th Feb, 7th Mar) 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!

The first Teen Zone Out event of the year will be bowling on Friday 24th January. For more info about bowling contact Gaye on events@nasHandR.org

Fun Zone!

This half-term we are trying something different at our Fun Zone! session: the cost will be £2.50 per child and new style lunch will be provided - if adults wish to eat as well, there will be a charge of £1 per person. Please let us know if you're planning on coming so that we ensure we have enough food for group lunch. Talk to us if you want to know any more.

Please remember our Branch Rules on page 7 - you are responsible for your children at all of our activities and you must supervise them at all times!

Merlins Magic Wand tickets

As some of you may be aware, this year we have decided that we won't be applying for Merlin's Magic Wand tickets as a group and therefore families will need to apply directly to the charity.

The eligibility criteria is that your child, aged between 2 and 18 years, with a disability or serious illness must either have a Statement of Special Educational Needs or be in receipt of a Proof of Condition for your child in order for you to apply for tickets. Paperwork must be on headed paper which includes the organisations logo from an official source e.g. hospital, foster agency, school. etc. DLA (Disability Living Allowance)/PIP (Personal Independence payment) paperwork will not be accepted. Paperwork must have the child's full name, the child's date of birth, the child's medical condition/name or diagnosis or proof of foster care. If you do not have paperwork to send on request, unfortunately your application will be rejected.

For more information, go to www.merlinsmagicwand.org.uk or call 01202 440060 - if you're not online or you would like help applying then come along to The Zone!



NAS survey for Branch members

The Branch Support Team at NAS Head Office have released a survey to get feedback from branch members about the support you receive from your local branch. They are hoping to understand what you like most about the branch, what impact branches have on local communities and what could be done to improve the local support on offer. They will use the feedback to improve and develop the support offered to branch volunteers which helps us to continue to provide our activities.



Please follow the link below to complete the survey which should take you no longer than 10 minutes.

www.surveymonkey.com/s/BranchSurvey2014SE If you have any questions about the survey, please contact, Jamie Baladi, the Branches Manager on jamie.baladi@nas.org.uk The survey closes on 28th February. All responses are anonymous and cannot be linked back to a specific branch unless you mention it in your answers. The survey is only available online, so if you don't have access, please come along to The Zone!

Sessions for parents (see calendar for dates/times)

Coffee Zone! is changing...

Our drop-in coffee sessions will now be held EVERY OTHER WEEK and 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! Pre-schoolers are always welcome - there's usually a couple of babies/toddlers there each week.

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.

Breakfast meet-up

On Monday 10th February we are meeting at The Monkey Puzzle in Farnborough, 9 - 11am, for breakfast. We will be there from 9am, so just turn up and join us if you are available on the day. Breakfast buffet is served until 10.30am and costs £8.25 which includes unlimited Costa coffee too! See you there...



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 family photographed and pictures 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 / 07825 280274 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



118 Fernhill Road,
Farnborough,
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07825 280 274

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!

The Zone! & Zone Out! are funded with this money so it's really important - please read this and take the time to support the campaign...

"URGENT Call to Action from HPCN - Short Breaks for Disabled Children

Over the next few weeks, important decisions will be made regarding funding priorities for 2014 and beyond. The Short Breaks Programme was introduced in 2009 and thanks to parent carer feedback and the support of HPCN and Parent Voice the programme is now supporting more than 4,000 disabled children and young people to enjoy a leisure activity with their peers and for many families this is the only support that is being received. We have a short window of opportunity to let the decision makers know how much this programme means to families across Hampshire, and the impact it will have if budgets and services are significantly reduced.



We need to act now to ensure that Councillors are aware of the benefits of the Short Breaks programme and why this needs to remain a priority for funding in the future. Please help them to understand what this means for your child and your family by supporting this campaign.

YOU CAN SUPPORT THIS CAMPAIGN IN THE FOLLOWING WAYS:

- **Send an email or letter to your County Councillor.** There is a template letter at www.hpcn.org.uk. The important thing is that you let them know what short breaks mean to you and what would happen to your child and family if this funding were to be withdrawn. To find the email address for your County Councillor please go to www.writetothem.com.
- **Complete this short survey** (13 questions) about your Short Breaks experiences in 2013 www.surveymonkey.com/s/shortbreaks2013. Hampshire Parent/Carer Network (HPCN) and Parent Voice will ensure that we share the results with Councillors before funding decisions are finalised during February.
- **Share this news** with as many friends/families/professionals as you can to be sure that our voice is heard loud and clear.
- We would like to prepare a multi-media presentation for councillors. If you are happy to **share photographs of your children enjoying an activity**, with some words about what it means to your family please contact us at participation@hpcn.org.uk.

If you would like to discuss this with us further please contact us at participation@hpcn.org.uk or on 01962 832580."

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. The National Autistic Society is a charity (No.269425) and a company limited by guarantee (No.1205298) registered in England, registered address 393 City Road London, EC1V 1NG.

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