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Issue 33

January/February 2013

**Huge thanks to.....**

...everyone who has helped us to raise crucial funds for the branch in the past couple of months. We really appreciate all your hard work and effort and we couldn't continue to run without your support. There are more details on page 4.



**Missing 3DS & DS game**

Sadly, we are missing a black 3DS from The Zone!, since the beginning of December and also the Lego Battles DS game since November. We have gutted the cupboard looking for it to make sure they weren't just misplaced, but we have had to accept that clearly they aren't there. Please can everyone check that your child hasn't inadvertently taken something home with them. The 3DS has an NAS H&R sticker on the back of it and the games should have "NAS H&R" written on it.

**My maternity leave!**

As some of you will already know, I am expecting a bundle of joy in early May. This means that the fantastic committee are trying to take on more of the work involved in running the branch. There will inevitably be some changes but we are hoping to continue as normal.

Nikki Smith, Branch Officer

**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  
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**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, Denise, Jess, Riannon & other willing volunteers too!

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








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

January 2013

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8 Coffee Zone: 9am - 12pm	9 After School Zone: 3 - 6pm 	10 Building Zone: 3 - 6pm	11 Teen Zone! 6 - 8pm	12	13
14	15 Coffee Zone: 9am - 12pm 	16 After School Zone: 3 - 6pm	17 Building Zone: 3 - 6pm 	18 Teen Zone Out! Climbing wall night!	19 Cyber Zone: 10.30am - 2.30pm	20
21	22 Coffee Zone: 9am - 12pm	23 After School Zone: 3 - 6pm 	24 Building Zone: 3 - 6pm	25	26	27
28	29 Coffee Zone: 9am - 12pm 	30 After School Zone: 3 - 6pm	31 Building Zone: 3 - 6pm 	<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 (look for the NAS arrows.)</p>		

# February 2013

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Teen Zone! 6 - 8pm	2 Cyber Zone: 10.30am - 2.30pm	3
4	5 Coffee Zone: 9am - 12pm 	6 After School Zone: 3 - 6pm 	7 Building Zone: 3 - 6pm 	8	9	10
11	12 Coffee Zone: 9am - 12pm	13 After School Zone: 3 - 6pm	14 Building Zone: 3 - 6pm 	15	16 Cyber Zone: 10.30am - 2.30pm	17
18	19	20 Fun Zone! (with Cyber Zone rules & prices) 10.30am - 2.30pm	21	22 Donutting session 11am	23	24
25	26 Coffee Zone: 9am - 12pm 	27 After School Zone: 3 - 6pm 	28 Building Zone: 3 - 6pm	1st March Teen Zone Out! Watching wrestling @ Princes Hall	2nd March Cyber Zone: 10.30am - 2.30pm	3rd March

## 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)

### Branch resource library

The library is always available at The Zone! and books can easily be returned there or at any of our events. Tell us if there are any titles you think we should add to our collection.



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

**Coffee Zone;** Our weekly drop-in coffee sessions, are for you to come along to at any point and have a coffee, chat and take a look at the branch library. You can stay for as long or short as you like. There's always plenty of biscuits and sometimes we even have jam doughnuts too!



### Fundraising news!

The branch Christmas raffle was a huge success, thanks to the hard work, determination and sheer "front" of our members, especially Angie Dunne, Denise Fitzpatrick and Jenny Thomas! In just 11 days we managed to sell a brilliant 1440 tickets!! This made us £720!

Stuart McIntosh and all of his colleagues at 27 TLR RLC, Aldershot for their amazing effort in achieving 10,786 press-ups between 26th and 30th November 2012! They raised a fantastic £331.65 and we really appreciate their sweat and hard work!



Huge thanks to Jacqui Swaby and her neighbours who shook our buckets whilst out carol-singing in their community in Quetta Park - they raised a wonderful £78.08 for us! We are grateful for your voices and effort and will be putting the money towards purchasing more Lego for our Building Zone! sessions.

We have recently been awarded £4,000 from the Tesco Community Grant for some of our activities and outings for this year. The money will be put to very good use subsidising some of our events in 2013.

### We need your votes.....

We are trying to win an award of £300 from the Hot Galaxy Warm Heart fund and to do so we need as many votes as we can get! Can you help us to win?

Go to [www.hotgalaxywarmheart.com/fund/nas-hart-rushmoor-branch](http://www.hotgalaxywarmheart.com/fund/nas-hart-rushmoor-branch) and register, then vote for us! Please spread the word and help us.



## Our previous activities...

### Teen Zone Out - Rock & Pop session



On Friday 23rd November, Teen Zone Out went to the Rock & Pop Foundation in Aldershot for an evening of musical fun and entertainment! All those who attended had a really good time; they played the drums, guitars and keyboards but the best thing was that they only had to hear themselves playing via their headphones, so the noise levels weren't a problem. It was a great evening and I'm sure we'll be repeating this again soon.



### Teen Zone Out - Bracknell Bees

Teen Zone Out were on a roll and headed off to the John Nike Leisuresports ice rink in Bracknell to watch the Bracknell Bees play the Manchester Pheonix team. It was very loud but everybody had great fun seeing the players battling it out for the puck and frequently ending up in the sin bin!



### Branch Christmas party!



Yet again, this years Christmas party was incredibly popular and very busy! There was plenty of food (thank you for all bringing a donation towards party tea) and of course cake too. The raffle was brilliant and several families left clutching prizes.



We are already working on this years Christmas party and have decided that we will need to set an upper age limit for the Challengers party and run a separate one for the slightly older children/young people.

### Bowling fun

On 27th December, to provide some Christmas holiday entertainment, we went bowling at Farnborough leisure centre. We took over 8 lanes and it was great to see so many families enjoying themselves - there were several strikes and spares and of course plenty of applauding! Here's to repeating this event later on in the year.

### Laser-Run session

On 3rd January, our first event in 2013, we went for an energetic session at Laser-Run. It was great to see the red and blue teams battling it out in the arena and interesting to see all the children and adults coming out very red faced and hot! Well done to grown-ups who got kitted out and joined in with the fun; the kids always like having easy targets to aim at! ;o)

### Parental supervision!

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



Hampshire  
County Council

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



## Branch rules

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

### What you can expect from your branch volunteers -

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

### In return, we ask that all branch members -

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

\* When responding to advertised events on Facebook, do not just click "attending" as this does not guarantee you a place. Please send a message with the details required. All bookings will get a response confirming receipt and places.

If a branch member fails to comply with the above they may be asked to leave the branch and will no longer be able to attend activities. Equally, if a branch member has concerns over the conduct of a volunteer, these should be raised with the Branch Officer via [nikki@nasHandR.org](mailto:nikki@nasHandR.org) / 01252 694934 or through NAS Head Office via Alessia Mitchell on [alessia.mitchell@nas.org.uk](mailto:alessia.mitchell@nas.org.uk) or 020 7923 5770.

By being a member of NAS H&R you agree to these rules - please contact us if you have an issue with this



# The Zone!

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

At our sessions at The Zone we have tea, coffee, juice and biscuits  
- but donations of biscuits and supplies are always appreciated.

## Cyber Zone

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



## After School Zone

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



## Building Zone



Every Thursday during term-time you can join us at Building Zone from 3 - 6pm. You are welcome to drop-in at any time during the session. There's Duplo and Lego and we also have some of the Cyber Zone equipment too. The suggested donation is £1 per child. If models are incredibly precious, you're welcome to keep them for a donation in the tin!

## Teen Zone

Teen Zone sessions are especially for those aged 11 years + who want to come along and play 12+ console games and socialise with those who are a similar age. On one Friday each month, 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 Out!

To get our Teens going places, we are working on a variety of Teen Zone Out events. In January the activity an indoor climbing wall session on Friday 18th and on 1st March we are planning to attend a wrestling event at Princes Hall! We are looking into future activities, so tell us if you have any suggestions. For more info contact Gaye on [events@nasHandR.org](mailto:events@nasHandR.org)

## Fun Zone!

During February half-term we will be having a Fun Zone! session on Wednesday 20th, 10.30am - 2.30pm. The new Cyber Zone! rules and prices will apply at this session as it's the same timings and the sessions are popular. If you have any questions, please just get in touch.



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! **If you don't and there are issues we will have no option but to take action.**

## NAS news!

### The Lion King - an autism friendly performance

A dedicated autism-friendly performance of Disney's The Lion King will take place in London's Lyceum Theatre on Sunday 14th April 2013. The NAS is working with Disney on this special performance, which will be adjusted to create a friendly and supportive atmosphere for people with autism and their families. Seats are on offer at a discounted rate and the website will include special features to help people with autism familiarise themselves with the process of a visit to the theatre. For more info go to [www.lionkingautismfriendly.co.uk](http://www.lionkingautismfriendly.co.uk)



## NAS helplines

The **Autism Helpline** - 0808 800 4104  
Open Monday to Friday, 10am - 4pm,  
e-mail [autismhelpline@nas.org.uk](mailto:autismhelpline@nas.org.uk)  
or go to [www.autism.org.uk](http://www.autism.org.uk)

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

[www.autism.org.uk/autismdirectory](http://www.autism.org.uk/autismdirectory)  
A comprehensive directory of services  
and support for those affected by autism.

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

## Other local branches & support

**NAS Surrey Branch:** [www.mugsy.org](http://www.mugsy.org) or 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.

### Calshot Activities Centre, Southampton

Calshot are running activity mornings, 9.30am - 12.30pm, for children with disabilities and their siblings called "No Limits". The cost per child is £15 (Gateway Card holders) £25 (non Gateway Card holders). Check out the website as they run these sessions monthly and also have two days over the half term (19th & 22nd Feb).

Go to [www3.hants.gov.uk/calshot/action-adventure-days.htm#section403046-3](http://www3.hants.gov.uk/calshot/action-adventure-days.htm#section403046-3) or call 023 8089 2077 for more information. If you do attend, please let us know if it's worth the drive :o)

### Rudy Simone speaking in Basingstoke

International author and public speaker Rudy Simone will be in Basingstoke, Hampshire presenting 'Living, Loving & Thriving With Asperger's' on 15th March 2013, 9.15am - 4pm. There will be three keynote talks; 1. Childhood, Adolescent & Adult Asperger's (including female Asperger's) 2. Relationships 3. Asperger's On The Job. Ticket costs vary from £35 for those on the spectrum, £50 for parents/TA's/charity workers and £80 for professionals (plus an admin fee too.)  
<http://www.eventbrite.co.uk/event/5064546194/es2001/?rank=3&ebtv=C>



# Other local activities...

## Gateway Cards

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

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

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



## SOS!SEN @ The Games Shop

The SOS!SEN volunteers will be upstairs in the Games Shop in Aldershot on the first Tuesday of every month, 10.15am - 12.15pm (15<sup>th</sup> Jan, 5<sup>th</sup> Feb, 5<sup>th</sup> Mar, 7<sup>th</sup> May, 4<sup>th</sup> June and 2<sup>nd</sup> July.)

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

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

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



## Hart Herons Disabled Swimming Club

On Sunday's, 5pm - 6.10pm, the Herons run weekly recreational swimming sessions for disabled people and their families. Toys and playmats for the young at heart or a quiet lane for those who enjoy a tranquil swim. Suitable for all ages. At Hart Leisure Centre, Fleet. The annual membership cost for families is £8, or individuals £4, and then each session costs 50p.

For more info contact Hart Herons on 01252 842859 or e-mail [pj@waitrose.com](mailto:pj@waitrose.com)

## Rushmoor Mallards Multi Sport 'have a go' sessions & swimming sessions

**Multi sports:** an opportunity to try a range of sports in a safe and private environment. Weekly coaching sessions are ideal for beginners in boccia, trampolining, football, cricket and more on Friday evenings, 8 - 10pm at Farnborough Leisure Centre. Suitable for all ages. Costs: Adults £1.50, Children £1.30.

**Fully inclusive swimming:** exclusive use of the Farnborough Leisure Centre Pool with additional in-pool volunteer lifeguards supporting the centre's own lifeguards. On Sunday's, 12.15 - 1.30pm.

For more info, contact Chris Wren on 01252 627021 or e-mail [secretary@rushmoormallards.org.uk](mailto:secretary@rushmoormallards.org.uk)

## Autism Friendly Films

These film sessions, organised by Dimensions, are continuing once every month. Our nearest cinema is the Odeon in Basingstoke. For more information about the screenings, go to [www.dimensions-uk.org/autismfilms](http://www.dimensions-uk.org/autismfilms) or call Odeon on 0800 138 3315 to book your places and free carers seats.



## Centre Act - drama group for those aged 11- 16 years

Centre Act is drama group for children/young people with additional needs that focuses on drama activities incorporating improvisation, role play, mime and script work. The group also works towards stage plays. Sessions are on a Tuesday 6 - 7.15pm and cost £4.50 a session. Contact Yateleys for more info or to book your places, on 01252 877190 or email [community@yateleys.com](mailto:community@yateleys.com)



### The Ship Inn are raising funds for our branch!

On Sunday 27th January the lovely people at The Ship Inn in Farnborough are spending their time trying to raise funds for NAS H&R..... The details aren't all finalised yet but so far we're told they are trying to organise a raffle and that there will be an Elvis tribute band (with our very own Helen Leask singing too!)



If you have any unwanted Christmas gifts you'd like to donate to the raffle, please bring them to The Zone! And if you want to join them on the night, we will spread the word with timings etc as soon as we have them! Huge thanks to Jenny Thomas, as this wouldn't be happening without her!

### Parent Voice Bridging Worker

Emma Hall is the local Bridging Worker covering the Hart & Rushmoor areas. If your child/young person would like to access an out of school club or activity but you are unsure how to find the support they may require to join in, then contact Emma. She can liaise with the club and advise them of the HCC Short Breaks funding. This can be used to cover the additional cost of a member of staff to support your child, or perhaps some training on autism. [www.hampshiregateway.info/en/Emma\\_Hall](http://www.hampshiregateway.info/en/Emma_Hall) She can also help with finding an NCMA child minder for your child with additional needs for up to 4 hours at a cost of £16 - this could be crucial respite for some families, so make sure you get more details if you think it might help!



### Milestones Museum - special needs evening event

We have been asked by Milestones to let you all know that they are holding an evening event especially for children and young people with additional needs on Thursday 31st January, 5.30 - 8.30pm. Free to Gateway Card Holders and up to 4 guests. Further guests pay standard Milestones admission prices. If you're not already a Hampshire Gateway Card holder, simply register in advance at: [www.hants.gov.uk/gatewaycard](http://www.hants.gov.uk/gatewaycard) or complete a form on the night.



### Caterpillar Crafts - Wet n Wild!

On Friday 22nd, 10.30am - 2pm at Alice Holt, Farnham, the Caterpillar Crafts team will be out exploring the woods (whatever the weather!) with their scavenger hunt or try their scrap heap challenge water challenge to build a mini raft from junk & natural materials. You can also design and make your own umbrella and have a go on the adapted bikes, or bring your own and try out the bike tracks. This event is suitable for those 8yrs+ and costs £8 per child/young person and adults are free! You are responsible for supervising your children at all times. For more info or to book your places go to [www.caterpillar-crafts.com](http://www.caterpillar-crafts.com) or call them on 07830 256 619.



(Please remember that unless you have a blue badge, you will need to pay to park in the car park.)

### Clay day at West End Centre

'Claytime' is a unique and interactive theatre experience, suggested ages are 3-6 years but all are welcome. A chance to explore stories and see characters modelled out of clay. Additional art activities will also be available but contact the centre directly for more details. At the West End Centre in Aldershot on Saturday 2nd February, 10.30am & 1.30pm. The cost is £22 per family (4 people including parent/carer) or £7.00 for adults £5.00 per child (hardship concessions are available, so please do ask them.) For more info or to book your places, call 01252 330040. This activity is part of the Hampshire Short Breaks Programme.



### **Parent Action Group for special play activities**

#### Family Festival of Roald Dahl Characters

On Monday 18th February, 10.30am - 3.30pm at the West End Centre, Aldershot. Join this festival of music, art & singing and the final performance. £3 per head for adults and children. Book through the West End Centre box office on 01252 330040. Bring a packed lunch & dress up as your favourite Roald Dahl character!



#### MADD Drama Club for young people with disabilities

An experienced drama tutor will engage children and young people in drama games and productions. For ages 5 - 18. On Tuesdays 5.30 - 6.30pm at Princes Hall, Aldershot.

#### Community choir

An experienced choir leader engages people of all ages and abilities in a fun and energetic choir session. On Wednesdays 6 - 7pm in Room C5 @ Samuel Cody School, Ballantyne Road Farnborough.

#### MADD Dance Club for young people with disabilities

A great dance tutor, in an informal environment, on Thursday's at 5.30 - 6.15pm and 6.15 - 7pm at West End Centre, Aldershot.

The cost for each activity (excluding the Family Festival) is £8 per half-term.

Contact Ann Evans for more info, on 01252 837112 or e-mail [pag@googlemail.com](mailto:pag@googlemail.com)

### **Support groups at Children's Centre's for those with children under 5's**

#### Blue Puzzlers Pre School Stay and Play @ Wild Rose Children's Centre, Church Crookham

Every Wednesday, 1 - 2.15pm. Sessions are run in partnership with parents and the Health Visiting Team and provide fun sessions for pre-school children alongside useful support for parents. For more info, call 01252 810904 or e-mail [adrienne.mcleer@actionforchildren.org.uk](mailto:adrienne.mcleer@actionforchildren.org.uk)

#### Starlight Parent Group, Park Children's Centre, Aldershot

Every Wednesday, 9.30 - 11am. Sessions to meet other parents whose children also have additional needs; join them for a chat and a chance for your children to play. For more info, call 01252 338607.

#### Reach Up Reach Out at Turners Wood Children's Centre, Elvetham Heath

Alternate Monday mornings, 9 - 10.30am, beginning on 14th January. Reach Up Reach Out is a special educational needs support group who want to provide time for families to chat, support each other and have fun. For more info or to book your places, contact Irena or Liz on 01252 813756.

#### **Parkside After School Club for teens**

For 13 - 18yr olds on Mondays 3.30 - 7pm at Parkside Aldershot, Guildford Road.

The club members eat their tea at the club and enjoy a wide range of activities such as games, crafts, cooking and also unwinding in the sensory suite

If you need 1:1 the cost is £44.07 or if you can be supported as part of a group £10. Plus £1.50 for meal. For more details, contact Karen on 01252 313103 or e-mail [parkside57@btconnect.com](mailto:parkside57@btconnect.com)



#### **Summer Daze Lite Playing for Time project**

The Clear Stone Trust have organised therapeutic play sessions for young people aged 10 - 12 years to support the transition between junior and secondary schools. The aim of the sessions is to develop friendships with others, as well as communication and emotional literacy skills. On Monday's, 6 - 8pm at 'The Youhie', the porta-cabin behind the community centre in Farnborough.

For more details, contact Jan Sheehan on 07713335028 or e-mail [jan@clearstonetrust.org](mailto:jan@clearstonetrust.org)

## From our Facebook Group...

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

"I am wearing a pair of shoes. They aren't pretty shoes... uncomfortable shoes. Each day I wear them. Each day I wish they'd feel more comfortable. Some days my shoes hurt so badly that I do not think I can take another step. Yet, I continue to wear them and continue my journey....I get funny looks wearing these shoes. I can tell in others eyes that they are glad these are my shoes and not theirs. They never talk about my shoes.... To learn how painful my shoes are might make them uncomfortable. To truly understand these shoes one must walk in them. But, once you put them on, you can never take them off.

...I now realise that I am not the only one who wears these shoes. There are many pairs in this world. Some women ache daily as they try and walk in them. Some have learned how to walk in them so they don't hurt quite as much. Some have worn the shoes so long that days will go by before they think about how much they hurt. No Mum deserves to wear these shoes. Yet, because of these shoes I am a stronger woman. These shoes have given me the strength to face anything. They have made me who I am. I am a Mum who has a child(ren) with special needs. I will forever walk in these shoes." Origin unknown, but has to be shared!

### **Peanut balls & balance cushions**

One member discovered that Lidl were selling very reasonably priced OT-type equipment. The peanut balls are £6.99 and the balance cushions are £4.99. Sadly the Blackwater store has now run out but Farnham still have a few available!

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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# Changes to Cyber Zone sessions!

As you will be aware, our Cyber Zone sessions on alternate Saturday's have become increasingly more popular and we are therefore having to introduce some new rules in order to continue running them safely for everyone who attends.

## **Entrance:**

Everyone will be encouraged to use the doors by the Military College/toilets to enter and leave. This is to enable us to make sure children aren't leaving the building unsupervised.

## **Signing-in:**

There will now be a desk by C3 (the laptop room) with a volunteer manning it; here you will need to sign-in and out and also book your child's laptop time.

Children are only to pass by the desk if they are leaving (and parents have signed out), going to the toilet with an adult or a parent is taking them for time out on the blue chairs around the corner. Instead of a "£1 donation in the tin" we are asking parents to pay £2 per child (with siblings costing £1 each) and to place their food donation in the designated box - if no food is brought, you will be asked to pay an additional £1 per child (this is to encourage people to bring the food with them in order to have enough for everybody!) As always, if cost is an issue then please talk to us.

## **Supervision:**

Parents are reminded that they are responsible for supervising their children whilst at The Zone! If you are going outside for a cigarette break, you need to ensure that another adult is supervising your child. Each room will have a specific setup, to encourage parents to sit in the room their child is playing in. Parents can take cups (with lids on) into the rooms with them.

The volunteer on the desk will be in charge of calling time for those on the laptops - parents are in charge of keeping an eye out for their child's time on the PC as we won't come and find the children. All incidents at The Zone! will be recorded in a book for review by the committee at meetings as necessary. Failure to supervise will be dealt with firstly by a gentle reminder/check to see why it's not happening. 2nd, warning written in the book. 3rd, asked to leave the session and also recorded in the book.

## **Lunch:**

We may split this into groups, so that not everyone has to come and eat at the same time.

Children will still need to come to the small meeting room with their adult to get their food.

All lunch is to be eaten in C1 (the room adjoining the room with the food in) to contain the mess. Suggested food donations include things such as little sausages, savoury eggs, pork pies, crisps (of various sorts and flavours), carrot sticks, cucumber, apples, grapes, mini swiss rolls, cakes, flapjacks - something that your child will eat is usually a good idea. Any food that is unopened and in date will be kept as floating stock & used next time.

Dietary requirements are parents' responsibility - if your child has specific requirements you need to bring a packed lunch with them. We cannot be blamed for there not being anything suitable available. We will provide the basics (as we always have done!) of tea/coffee/milk/sugar/squash of various flavours/ bread/butter/cheese/ham/some crisps/some fruit.

## **Outside:**

Until the warmer weather no-one is to go through the fencing on to the playground or on trim trail - it's too wet and there will be accidents! Smokers must put cigarette ends in the bin - there are plenty of bins out there! If a child is outside for any reason, a parent must be with them and supervising.

After School Zone, Building Zone & Teen Zone arrangements remain the same always as these work well.

**Here's hoping that by making these changes, we can ensure that the  
Cyber Zone sessions can continue to run happily & safely.**