

Dear Friends

As always, we have details of our activities over the next month or so, plus other information that may be of interest.

Lots to report including two major events coming up in April – our AGM with inspirational speaker, Sharon King, plus our open evening at Winchester Science Centre – **booking is now open for both**, so get in quick before we sell out!

Meanwhile our next Support Group meeting on Monday features 3 speakers – which is record for us! Our new Partners group now also has a regular monthly date.

We look forward to seeing some of you at our forthcoming meetings and at the very popular Hampshire SEND day later this month.

## Support Group Meeting

Our next meeting is on **Monday, 19 March** at Bishopstoke Evangelical Church at 7.30pm.

This evening will have a 'Preparation for Employment' theme and we welcome as our guests:

- **Sonja O'Donnell**, Operations Manager for the GROW Project in Southampton and Eastleigh (<https://thegrowproject.co.uk/>), a day service for adults with learning disabilities.
- **Steve Bond**, Chairman of the PALS Society ([www.pals-society.com](http://www.pals-society.com)). Their mission is to break down the barriers to employment for people who have difficulties learning in mainstream educational institutions. Through employment comes inclusion.
- **Dr Emma O'Leary** (formerly Wells), Research & Development Manager, Proctor and Gamble. Some of you will recall Emma's talk to us last year about successfully developing a programme to recruit ASC individuals into work experience roles, working in conjunction with the NAS. A lot has happened since and we look forward to an update from Emma on the programme's progress.
- We will also feature a short film from **Autism Hampshire** about their recent Employment Pathways Project.

There will be plenty of time at our meeting to have a chat and to browse our Resource Library, comprising around 400 books, videos and DVDs on many aspects of autism and Asperger syndrome.

**If you have any books due back or overdue, please don't forget to bring them along.**



## Annual General Meeting with guest speaker, Sharon King

We are delighted to welcome **Sharon King** as our very special guest at this year's Branch Annual General Meeting.

Sharon is travelling down from Wakefield, West Yorkshire, to be with us for this special occasion.

Sharon is a writer, advocate, inspirational public speaker and above all else, a mum. She has three autistic children, two of whom are non-verbal and the third, Rosie, has Asperger syndrome and diagnosed herself at nine years of age. Rosie is an inspirational young woman who helps to care for her two younger siblings. Some of you may have seen the CBBC's Newsround Special, *My Autism and Me*, which she presented at the age of 13 or the TED talk she gave in America when she was just 16. Both Sharon and Rosie have appeared on BBC's One Show on a number of occasions.

The event takes place on **Monday 16 April** at Chandlers Ford Methodist Church, Winchester Road, SO53 2GJ from 7:00 to 9.30pm (please note: **not** our usual venue for support group).

This event is ticket-only. Tickets, at just £3.50 per person, **are now available** - for full details and to link to our booking site, please visit <http://www.shantsnas.org.uk/agm>. Tickets are strictly limited and available on a first come, first served basis - so don't delay!

## Open Evening – Winchester Science Centre

Join us for this open evening for our members and friends on **Friday 20 April** at Winchester Science Centre, Telegraph Way, Winchester SO21 1HZ from 5.30 to 9.00pm.

We have exclusively booked the entire venue for the evening including a planetarium show. We are subsidising this event, so all of this will be available to members of our branch, their families and close friends at a much reduced price.

Ticket prices are just £5.00 for Adults and £3.00 for Children (3–16 years). Under 3s will not be permitted to watch the planetarium show (but can visit the Science Centre free of charge).

In order to ensure our autistic members can enjoy the evening in a relatively calm environment, numbers are strictly limited. Therefore, again, tickets are available on a first come, first served basis. For full details and to book, please visit <https://nassouthants.yapsody.com/event/index/200431/open-evening-winchester-science-centre>.

## Family Youth Club

Our next Family Youth Club takes place on **Saturday 21 April** at Chandlers Ford Methodist Church from 3.30pm to 5.30pm. Children accompanied by their families are welcome. *Please note: we have now moved the regular date to the third Saturday of the month.*

We have three rooms available and have activities such as table tennis, air hockey, a craft table, books, board games, LEGO and other toys plus an opportunity to play in the large hall with a ball, bowling and, sometimes, parachute games. One of the rooms is a quiet room where the children can play board games, Lego or just read. We also offer a structured craft activity which children can join in with if they wish.

**PLEASE NOTE: Parents must be responsible for their children during the duration of the youth club and must remain in the same room as their child at all times – thank you.**

£1.50 per child. Entry is via the children's garden at the rear of the church, next to the car park. Full details, including a map, can be found at [www.shantsnas.org.uk/Home/Family%20Youth%20Club](http://www.shantsnas.org.uk/Home/Family%20Youth%20Club)

*As you may know, we are closely monitoring attendance at our Family Youth Club over the next few months as numbers have been very low and we may have to consider closing this group if this does not improve. However, we were very pleased numbers increased last month, which is a good sign. We cannot justify 6 or 7 volunteer helpers giving up their time to run this if only one or two families turn up. It is a case of 'use it or lose it!' Once gone, it is very unlikely we could restart this at a later date.*

## LEGO club



Our next club is also on **Saturday 21 April** at Chandlers Ford Methodist Church.

This is for children with autism from ages 8 to 13. The club is currently full but for more information and to express interest in your child joining the waiting list, complete the form at [www.shantsnas.org.uk/home/lego](http://www.shantsnas.org.uk/home/lego)

*PLEASE NOTE: We have been advised that, unfortunately, this type of therapy is not successful with children who have an ADHD or PDA diagnosis.*

## New Partners' Group

We are pleased to announce that a regular date and venue has been confirmed for this new group. The next meeting is on **Thursday 22 March** at Chandlers Ford Methodist Church, Winchester Road, SO53 2GJ from 7:30 to 9.30pm. It will then run monthly on the 4th Thursday evening of the month. Full details at [www.shantsnas.org.uk/Home/Partners](http://www.shantsnas.org.uk/Home/Partners).

## Our Southampton social groups

Both our Children's and Adults' social groups are meeting during term time on alternate Tuesday evenings at St Patrick's Church, Portsmouth Road, Woolston, Southampton, SO19 9BD. Dates can be found on our website. For more details, email [nassouthampton@gmail.com](mailto:nassouthampton@gmail.com) or contact Sue (023 8043 2612) or Tracey (07532 282301).

## Branch Facebook page

Don't forget to regularly visit our Facebook page where we post information and news (in addition to our newsletters and emails). Visit <https://www.facebook.com/nassouthhampshirebranch> and 'Like' and/or 'Follow' us.

## Hampshire SEND Information day

As previously announced, Hampshire SEND Information Day will take place at Noadswood School, North Road, Dibden Purlieu, Southampton SO45 4ZF on **Saturday 24 March** from 10.00am to 3.00pm. The whole event is free to visitors, other than refreshments and snacks, which will be available to buy. There is ample free parking on site and disabled access. They hope to have entertainment for children accompanying their parents.

Support4SEND has been holding these free events for many years, giving families and practitioners the opportunity to gather information about support and services available across the county. They have become increasingly popular, not only with families and professionals but also with exhibitors, who welcome the opportunity it gives them to meet families and offer their support. They anticipate there will be 40+ exhibitors from support services, statutory services and commercial organisations to be on hand on the day to chat with visitors and offer information and advice.

Full details at <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/specialneeds/support4send/informationday>.

Topics so far confirmed include:

- Let's Talk Autism
- Empower Yourself – speak up for your child or young person with additional needs
- Developing social skills
- Bullying at school
- Why your child is having difficulty with spelling and reading and what you can do about it
- Living with Dyspraxia
- Careers Companion Uncovered!
- Aspergers/High Functioning Autism (HFA) and Girls
- The support available for children with SEND who are transitioning into Year R (Reception) of school
- Understanding Education Health and Care Plans
- Dyslexia Matters!

## Deborah Ireland – The Rainbow Myth

This is an exhibition of work from Deborah Ireland representing an emotional exploration of her relationship with her son who has high functioning autism. It takes place at the Link Gallery, Romsey Road, Winchester, SO22 5HT from **21 March to 17 April**. Deborah Ireland has been working as an artist in Southampton for many years. The inspiration for this solo exhibition is her son, Daniel, who has autism and it takes place during World Autism Awareness Week 2018. Exhibition opening hours: Weekdays: 9am to 6pm (onsite parking from 4pm). Weekends\*: Saturdays 10am to 4pm (onsite parking all day). Sundays by arrangement. \*Weekend opening may be restricted, please e-mail [visualart@winchester.ac.uk](mailto:visualart@winchester.ac.uk) before making a special trip.

## Friends of In Touch is looking for Trustees and a Minute Secretary

- *Would you like to get involved in the local community, develop new skills and make a difference?*
- *Would you like the opportunity to give children and young people with autism the chance to gain independence and life-skills?*
- *Do you have good organisational skills and experience of how a charity functions?*
- *Do you have a few evenings a year to volunteer your time to our charity?*

If so, *Friends of In Touch* is currently looking for interested individuals to apply to join its Board of Trustees. They are also looking for a volunteer Minute Secretary (to attend 5 or 6 trustees' meetings each year to take/prepare minutes).

They are a small registered charity based at Y-Zone Youth Centre in Fair Oak, Eastleigh, supporting children and young people with autism. Their aim is to enable anxious or socially-vulnerable children and young people to feel more engaged with mainstream education and social activity by helping them develop self-confidence, self-esteem and coping skills.

Trustees support the work of the charity and oversee its operation ensuring that all policies and procedures are in place, and that the young people take part in a safe environment. They also ensure that suitable adults are contracted to work with the children/young people, and that the Project Coordinator and staff have the support they need to run these popular groups. Trustees make a commitment to regularly attend committee meetings on approximately 5 or 6 evenings annually.

The charity runs two weekly youth clubs, involving over 40 children/young people with autism, during term time and in school holidays. Lots of fun activities include cooking, arts and crafts, bushcraft, games, construction toys for the Junior group (9 to 13) and cookery, pamper evenings, film nights, quizzes, bowling, book club, sports, meals out and BBQs for the Senior group (13 to 21). They are also about to start a young adults' social group as a follow-on from the Senior group.

To find out more about applying to be a Trustee or Minute Secretary, please contact the Chair, David Carter, at [chair@friendsofintouch.org.uk](mailto:chair@friendsofintouch.org.uk). For further information about our charity, visit [www.friendsofintouch.org.uk](http://www.friendsofintouch.org.uk).

## World Autism Awareness Week

The National Autistic Society's World Autism Awareness Week is back from **26 March to 2 April** and they'd love you to join the fun. Each year, in the week leading up to World Autism Awareness Day, The NAS encourage the public to take part in World Autism Awareness Week – a full seven days where schools, workplaces and individuals, their families and friends all over the UK are taking part in activities to raise money and awareness for The National Autistic Society.

There's more to be done until everyone understands autism. They need the public's support to continue running campaigns like [Too Much Information](#), training and sharing knowledge with professionals working with autistic people, and more. Sign up today and choose from a host of fundraising activities and events in your community, at work, or at school, including sponsored night walks, Onesie Wednesday and their new 7k for the 700,000 challenge event. Whatever you do, however small, you'll be helping to make a huge difference to the lives of the 700,000 autistic people in the UK. For further information visit [www.autism.org.uk/get-involved/world-autism-awareness-week/what-is-waaw.aspx](http://www.autism.org.uk/get-involved/world-autism-awareness-week/what-is-waaw.aspx)

## Kidz to Adultz South

One of the largest, **free** UK exhibitions dedicated to children and young adults up to 25 years with disabilities and additional needs, their families, carers and the professionals who support them. 120+ exhibitors offering advice and information plus **free** CPD accredited topical seminars for parents and professionals. Topics include Sensory, Sleep issues, Behaviours that challenge, Autism, Transition, Employment.

On **Thursday 17 May** at Farnborough International, Etps Road, Farnborough, GU14 6FD from 9.30am to 4.30pm. For full details visit [www.kidzexhibitions.co.uk/kidz-south](http://www.kidzexhibitions.co.uk/kidz-south).

## Challengers Playscheme and Youthscheme

Eastleigh Playscheme, at Colden Common Primary School, Upper Moors Road, Colden Common, SO50 6HW on Saturdays, Easter Holidays and Summer Holidays (9:30am-4pm), is for disabled and non-disabled children aged 4–12. Bookings are now being taken for the summer term. Phone: 07816 335 192, email: [EastleighPlayscheme@disability-challengers.org](mailto:EastleighPlayscheme@disability-challengers.org) or visit <https://disability-challengers.org/what-we-do/playschemes/eastleigh/>

Eastleigh Youthscheme is for disabled young people age 13-18. Held at the Bridge Education Centre, Newtown Road, Eastleigh, SO50 9DB on Saturdays, Easter Holidays & Summer Holidays (10am-4pm). Bookings are now being taken for the summer term. Phone: 07816 337 384, email: [EastleighYouthscheme@disability-challengers.org](mailto:EastleighYouthscheme@disability-challengers.org) or visit <https://disability-challengers.org/what-we-do/youthschemes/eastleigh/>

## Procter & Gamble: Gillette Work Experience Placement

From the success of their pilot programme last year, Procter and Gamble are once again offering 2 paid work experience placement positions for people with Autism Spectrum Conditions to join the Innovation Teams at the Gillette Technical Centre in Reading. This is an amazing opportunity to grow and learn about your own capabilities and experience the facilities the centre has to offer. The placements will be for a total of 14 days which will be spread across 2 months. The placement is open to all people on the autism spectrum aged over 16. Visit [www.evenbreak.co.uk/jobs/41267](http://www.evenbreak.co.uk/jobs/41267) for full details.

## Autism-adapted performance of Harry Potter

The NAS are excited to tell you that they are involved in the first-ever 'autism-adapted' performance of *Harry Potter and the Cursed Child*. They have been providing training and consultation to help make the award-winning production even more accessible for autistic people and their families. The show is one play told in two parts: Part One will be on **Thursday 23 August** and Part Two on **Friday 24 August**. If you're autistic, or have friends or family you know would love to see the show, make sure you're signed up to their mailing list for exclusive access to tickets when they go on sale on 21 March – [click here to visit the website](#).

## Hampshire County Council Short Break Consultation

Hampshire County Council is proposing to cut up to £1m from the £2.4m budget currently allocated to their Short Break Activities programme in 2019/20. That would equal a funding cut of over 40%. They are now holding a 12 week consultation to gather views on their proposed changes to Short Breaks. The Consultation will close at midnight on **Sunday 3 June**. Short Breaks are already operating on a shoestring budget. Funding cuts will reduce services further. We urge all of parents, carers and professionals to respond to the Consultation and let the County know how vital Short Breaks are for our families. The consultation is at <https://www.hants.gov.uk/shortbreakconsultation>.

## The National Autistic Society's transition support service

The transition support service is a free, confidential and nationwide service providing telephone and email support for autistic young people, their parents and carers. The service provides information and advice on the transition from education to adulthood. This includes transition planning, help exploring future options, accessing community care support, applying for benefits and challenging decisions. You can contact them by calling 0808 800 0027 or email [transitionsupport@nas.org.uk](mailto:transitionsupport@nas.org.uk)

## Autism and Nature Story Books for Children with Special Educational Needs

Autism and Nature has recently published two story books for younger children with autism and related disabilities in Hampshire. 'Alex and Rosie's Adventures in Hampshire' and 'Alex and Rosie's Adventures in the New Forest' complement their guides to natural places to visit in Hampshire. The books are designed to help and encourage adults to engage their children with the Hampshire countryside, and to prepare children for visits to the natural places featured. Illustrated short stories about Hampshire's natural places are accompanied by simple text supported by Widgit symbols. Children reading the story books will discover what Alex and Rosie saw, and what they did in the countryside.

All their publications are free of charge, and the story books are available from Autism Hampshire and Parent Voice (e-books can be downloaded from the Autism and Nature website at <https://autismandnature.org.uk/our-publications/>).

Autism and Nature would really appreciate feedback from parents, carers and teachers about the story books. They are also considering producing an Alex and Rosie Colouring Book for Hampshire, but they will only be able to do this if parents and carers email them to say whether this would be something that would benefit their children. Please get in touch with Dr David Blakesley (Director, Autism and Nature) by emailing [david.blakesley@autismandnature.org.uk](mailto:david.blakesley@autismandnature.org.uk).

We still have a few of the *Visiting the Hampshire Countryside* and *Exploring the New Forest by Bus* booklets which will be available at our next support group meeting. These are designed for families and teachers of children with autism and can also be downloaded free from <https://autismandnature.org.uk/our-publications/countryside-guides>

## Can Do – Volunteering Programme

Leonard Cheshire Disability, is a charity that supports thousands of people in the UK and works in more than 50 countries around the world. They are currently planning to expand the reach of the Can Do programme to the Southampton and surrounding area.

Can Do is a volunteering programme for people with disabilities aged 16–35, offering support, information and training. They empower young people with disabilities to recognise their potential and achieve their ambitions. They offer opportunities ranging from traditional volunteering roles to more bespoke projects – from cookery workshops where the food is donated to local homeless shelters, to the development of funding applications, presentations, and carrying out accessibility audits of the local community. For more information, visit <https://www.leonardcheshire.org/support-and-information/life-and-work-skills-development/can-do> or contact, for Portsmouth and surrounding areas (including Havant, Fareham, Gosport), [Catherine.Burton@leonardcheshire.org](mailto:Catherine.Burton@leonardcheshire.org) and Southampton and surrounding areas (including Eastleigh, New Forest, Totton), [megan.smith-josephs@leonardcheshire.org](mailto:megan.smith-josephs@leonardcheshire.org), 07525 617506.

## Interesting articles from Network Autism

### Dentistry and autism: parental experiences

Nicole Thomas, a dental hygienist, discusses her research on parental views of visiting the dentist with autistic children, and highlights some strategies that may help alleviate anxiety over dental visits. Visit <http://network.autism.org.uk/knowledge/insight-opinion/dentistry-and-autism-parental-experiences>

### Online support to help diagnose autistic women and girls

Lorraine MacAlister, Autism Training Consultant at The National Autistic Society, discusses Women and Girls on the autism spectrum, the latest online training module which has been developed with autistic people. Visit <http://network.autism.org.uk/good-practice/case-studies/online-support-help-diagnose-autistic-women-and-girls>

### Anxiety in autistic people

Dr Jacqui Rodgers, Senior Lecturer in Clinical Psychology at Newcastle University, explores why autistic people may experience anxiety, how to identify anxiety in autistic people and highlights some treatment options. Visit <http://network.autism.org.uk/good-practice/evidence-base/anxiety-autistic-people>

## Reminders:

### Autism Support Group in Totton

An evening autism support group at Youth and Families Matter (the community project of Testwood Baptist Church), which runs alongside their daytime group. Hosted by two of our branch members, it aims to provide an opportunity for parents to meet up, have a chat, support each other as well as finding out information. The next meeting will take place on **Monday 9 April** from 7.30 to 9.00pm at Testwood Baptist Church, 283A Salisbury Rd, Totton, Southampton SO40 3LZ and then every second Monday of every month (14 May, 11 June, etc).

## Parent Forum – Alex Kelly Ltd

Speech therapist, Alex Kelly, is running a programme of seminars at Speaking Space, Fleming House, Alma Road, Romsey, SO51 SEP from 7.00 to 9.00pm during the year. Entry is a £5.00 contribution at the door towards the costs and cake! All the dates and topics can be found at <http://alexkelly.biz/2017/12/08/parent-forums-2018/>. If you are interested, email [office@alexkelly.biz](mailto:office@alexkelly.biz) or phone on 023 8098 7134. Alex Kelly Ltd, are also running a series of Social Skills groups for primary age children, secondary age young people and adults at their base in Romsey. Leaflets about these groups can be downloaded from our website at [www.shantsnas.org.uk/News/Newsarchive#031017\\_01](http://www.shantsnas.org.uk/News/Newsarchive#031017_01)

## Free Autism Support and Information Programme for parents in Hampshire and Southampton

Hampshire CAMHS, Southampton City Council and Autism Hampshire invite you to a free programme of sessions offering learning, support, and advice in various aspects of autism during your child's assessment, or following their diagnosis. Each session will cover a different aspect of the condition. If you prefer a less public forum, you may also book a 5-minute 1:1 slot with any of the panel members. These groups take place in each of the seven Hampshire CAMHS areas and in the city of Southampton – full details and dates at [www.shantsnas.org.uk/Support/camhs](http://www.shantsnas.org.uk/Support/camhs)

## Clarks Quiet Hour Appointments

This service is available in the Southampton Above Bar store on **Sundays**, 9:30am – 10:30am to offer consumers a quiet and relaxed environment for fitting appointments. You are also encouraged to bring toys, sensory aids, tablets and other appropriate items to ease the experience. To ensure that your appointment goes as smoothly as possible, you are encouraged to make an appointment in advance by calling the Southampton store on 023 8022 4515.

## Sensory Sundays at the Swan Centre, Eastleigh and The Marlands, Southampton

Both shopping centres now run a *Sensory Sunday* on the **last Sunday of each month**. Most of the shops lower their lighting levels and reduce the volume of music and announcements during the day. On the same dates, alongside the activity in the retail part of the Swan Centre, Partyman World of Play hold SEN sessions (see below) and Vue Cinema (<https://www.dimensions-uk.org/families/autism-friendly-environments/autism-friendly-screenings/vue-autism-friendly-cinema-screenings>) hold special SEN sessions and Autism friendly screenings.

## Partyman World of Play SEN sessions

Partyman World of Play, Unit L10, Swan Leisure Centre, Eastleigh, SO50 5SF is a children's soft play centre. The venue has a café, slides, ball cannon areas, climbers, rockers, and a designated toddler and baby area. They offer complimentary morning and evening sessions dedicated to children and young adults with special needs where they close the entire venue just for you. Morning sessions will be held from 9.00 to 10.00am on Sundays: **25 March** and **29 April**. Evening sessions will be held from 6.00 to 8.00pm on Wednesday: **28 March** and **2 May**. For more information or to book, call Jessica on 02380 018336 or email [jessica.campbell@partyman.co.uk](mailto:jessica.campbell@partyman.co.uk)

## SEN sessions at Monkey Bizness, Southampton

Monkey Bizness, a soft play centre with huge play frames, games, machines, slides and more, special areas for toddlers, free WiFi, comfy seating and a bright airy cafe serving freshly prepared food, at 234 Empress Road, Southampton, SO14 0JY is running SEN sessions on the **last Thursday of every month** from 5.30 to 7.00pm at just £3 per child. For further details call 023 8055 0580.

## Flipout sessions

Flipout, the biggest trampoline arena in Hampshire, at Unit 1a Chandlers Park, School Lane, Eastleigh, SO53 4DG, is running Rebound Therapy sessions on **Wednesdays** and **Fridays** between 9.00 and 11.00am or 3.00 and 5.00pm for these hourly group sessions. Prices are: Ages 1 to 5: £4.50, Age 6+: £7.50 dependant on disability. Between 12.00 and 3.00pm they run half an hour one to one sessions at £18 per 30 mins. They also run SEN sessions **every Monday** at 16:00pm – £7.50 for a jumper and up to two carers. For further information, phone 023 8214 7811, email [southampton@flipout.co.uk](mailto:southampton@flipout.co.uk) or visit <https://www.flipout.co.uk/locations/southampton/>

## Dimensions autism-friendly cinema screenings

Dimensions work with ODEON, Cineworld, Vue and Showcase to host Autism Friendly Screenings at over 250 cinemas nationwide. For a limited time and at nine selected cinemas, including Southampton, ODEON are showing autism friendly screenings for older audiences. See what autism-friendly cinema screenings are coming to a cinema near you at <https://www.dimensions-uk.org/families/autism-friendly-environments/autism-friendly-screenings/>

## Autism-friendly performances

There is relaxed performance of Disney's Pinocchio on **Saturday 17 March** at 1.30pm at the Lyttelton Theatre at the National Theatre in London. All tickets: £16. Call box office staff on 020 7452 3961 and quote promo code: RELAXED or visit their website at <https://www.nationaltheatre.org.uk/your-visit/access/relaxed-performances>

Don't forget The Mayflower Theatre's relaxed performance of 'War Horse' on **Thursday 24 May** at 2.00pm. Contact: Box Office 023 8071 1811 or visit [https://www.mayflower.org.uk/Whats\\_On](https://www.mayflower.org.uk/Whats_On)

Disney's 'The Lion King' will present its fifth dedicated autism-friendly performance in London on **Sunday 3 June** at 1:30pm. Visit [www.thelionking.co.uk/autismfriendly](http://www.thelionking.co.uk/autismfriendly) for more information.

## Family Information and Services Hub

To view activities taking place in your local area, visit <https://fish.hants.gov.uk/kb5/hampshire/directory/results.page?familychannel=3&searchtype=event> to view the Leisure and Play – Hampshire Gateway section on the Family Information and Services Hub.

## Rose Road Association Stay & Play Family Coffee Morning

Every **Saturday**, 9.30-11.30am, at The Bradbury Centre, 300 Aldermost Road, Southampton, SO16 5NA. Music, arts & crafts, sensory and soft play and lots more activities. Suitable for children and young people with disabilities and additional needs aged 3-16 years. Siblings are also welcome. This is a free session for all families! Donations for refreshments. For more information contact Claire Headington on 02380 721234 or 07823 353887 or email [claireheadington@roseroad.org.uk](mailto:claireheadington@roseroad.org.uk). The sessions are funded by BBC Children in Need.

