

Newsletter

Dear Friends

This is our summer newsletter and the last before we take a short break during the school holidays (a chance to recharge our batteries!). We'll be back early in September although we still have a few more activities to go this month and our Partner group will continue to meet in August.

As always, we have details of our activities over the next month or so, plus other information that may be of interest. There is advice on getting through the school holidays, information on Marks and Spencer's range of autism-friendly school clothing and much more.

We look forward to seeing some of you at our forthcoming meetings. As always, if you have any ideas for activities or events you would like us to consider, please let us know. Have a great summer.

Support Group Meeting

Our next meeting is on this coming **Monday 16 July** at Bishopstoke Evangelical Church at 7.30pm.

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.

Family Youth Club

Our next Family Youth Club takes place on **Saturday 21 July** at Chandler's Ford Methodist Church from 3.30pm to 5.30pm. Children accompanied by their families are welcome.

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

*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. **No one turned up for our May club!** – although attendance was better in June. 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.*



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LEGO Club

Our next LEGO club is also on **Saturday 21 July** at Chandler's 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

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

Partners' Group

The next meeting is on **Thursday 26 July** at Chandler's Ford Methodist Church, Winchester Road, SO53 2GJ, from 7.30 to 9.30pm. The group will meet again on **Thursday 23 August**. The group has made a good start this year and we welcome anyone who has a partner with autism. It runs monthly on the fourth Thursday evening of each month. Full details at www.shantsnas.org.uk/Home/Partners

Our Southampton Social Groups

Our Children's and Adults' social groups have finished their summer term meetings at the hall, but there will be a picnic at the Royal Victoria Country Park, Netley Abbey, on **Sunday 29 July** (with a free train ride for children) and a subsidised visit to Marwell Zoo on **Sunday 12 August**. The Adult group have a karaoke evening at The Robin Hood, Middle Road, Sholing, SO19 8TQ on **Tuesday 17 July** from 7:30pm and a subsidised bowling evening at Eastleigh's Hollywood Bowl (date to be advised). The Children's group is also arranging activities for the holidays. Further details will be available to group members soon. Next term's dates are on our website – meeting in term time on alternate Tuesday evenings at St Patrick's Church, Portsmouth Road, Woolston, Southampton, SO19 9BD. For more details, email 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.

Social Skills course

As previously mentioned, we are still finalising plans for a 6-session Social Skills course for up to 8 of our members' children, on Saturday mornings in the autumn, in Eastleigh. The branch will heavily subsidise this – there will be a modest charge to parents.

The course will be run, as in the past, by professionals from *Friends of In Touch* who have a great deal of experience in working with children with autism. Since 2006, whenever funding has been available, we have offered these courses and, to date, over 90 young people have benefitted from them. The main focus of each course will be on social and communication skills. Each session will build on the previous one, so it is essential that each child attends the full course. The age range of those taking part will be dependent on the interest we get. As soon as we have finalised the details, we will circulate information to you along with an expression of interest form.

School holiday tips

Check out the National Autistic Society's main website for advice on how to cope with the summer holidays at <https://www.autism.org.uk/about/family-life/holidays-trips.aspx>.

Other useful advice can be found at:

- Bristol Autism Support: www.bristolautismsupport.com/surviving-the-summer-with-autistic-children/
- Positive Special Needs Parenting: <https://positivespecialneedsparenting.com/how-to-survive-school-holidays-as-an-autism-parent/>

Totton Support groups

Youth and Families Matter at Testwood Baptist Church, 283A Salisbury Rd, Totton, Southampton, SO40 3LZ, run two support groups aimed at supporting parents of children with autism and ADHD.

- The Daytime Support Group - 9.30 to 11.30am on the last Thursday of the month.
- The Evening Support Group - 7.30 to 9.00pm on the second Monday of the month.

For more information visit their website at www.youthandfamiliesmatter.org.uk/parent-support-groups or email: info@youthandfamiliesmatter.org.uk

Scarf summer programme for 2018

Scarf New Forest has just released their summer programme. To find out more, visit their website at www.scarfnewforest.org, email scarfnewforest@gmail.com or phone Lucinda on 07874 221249. Families need to be Scarf members to access our activities, which is £20 per year.

Paralympics Personal Bests

This is being held on **Wednesday 29 August**, 10.00am to 3.00pm, at River Park Leisure Centre, Gordon Road, Winchester, SO23 7DD. Activities include: Tennis, Football, Rugby, Running & Jogging, Cricket, Low Level Circuits and Swimming. Open to all ages from 10+ with the exception of swimming which is 16+. Entry is just £5 per person. To guarantee your place you needed to register before Friday 6 July, however there may be some places left – call Janet (Winchester GoLD) on 01962 873608 or Calum (Winchester City Council) on 01962 848329.

Marks & Spencer autism-friendly school wear

Did you know about Marks & Spencer's 'Easy Dressing' school uniform collection developed with the support of The National Autistic Society? Available in sizes 3-16 years, the range includes:

- Trousers and shorts (girls and boys). A 'pull up' trouser, so children of all ages do not need to worry about fiddly zips and buttons. No back pocket for comfort and the care label has been moved to inside the pocket. It also features M&S' Triple Action Stormwear finish which repels water and stains.
- Long and short sleeved shirts/blouses (girls and boys). M&S has replaced the first four buttons with a hidden panel of soft Velcro®, this should make getting dressed quicker with less time spent fiddling with small buttons. It is their Ultimate non-iron shirt, meaning the taped seams, non-iron and Stain Away™ finishes makes life easy for parents.
- Long-sleeve polo (unisex). M&S has replaced all the buttons with a hidden panel of soft Velcro®. Like this shirt, this should make getting dressed quicker. It also features a two piece collar so that a tie can be worn with it for a smarter appearance.
- Summer gingham dress. Featuring clever Non Iron technology. A convenient Velcro strip instead of buttons makes getting dressed in the morning or for sports easy and hassle free. Crafted from easy to iron 100% cotton and featuring short sleeves
- Seam-free 'Ultimate comfort' socks.

For more details, to order online and to check stock in stores, visit <https://www.marksandspencer.com/l/kids/school-uniform/easy-dressing-school-uniform/easy-dressing-school-uniform-range>.

White noise makers

One of NAS' head office staff who attended the recent autism show in Birmingham spoke to a parent who shared this information: Her daughter is very sensitive to noise and was finding school a real struggle, she also found ear defenders made her really self-conscious and didn't like wearing them. The family found out about white noise makers which look like small hearing aids. They are worn in your ears to help with background noise and they are much less noticeable. They are available FREE on the NHS with a GP referral to a local hearing assessment.

Weighted blankets

We have recently heard of a lady in Gosport who makes weighted blankets and lap pads with choice of material. They have been affordably priced, whilst still using high quality materials. Prices start from £90 (small child) to £120 (adult) depending on weight. Lap pads are £45 for 1kg or 2kg weights. UK postage is £6.99 if required. Weighted blankets use 4 layers of fabric with the outer layers being 100% cotton. Everything is double-stitched to ensure safety and to keep the high density poly pellets in place. Customers also have their own choice of design but licensed fabrics such as Disney, Marvel, etc. are not available due to copyright – however there is plenty of choice. Whilst our branch cannot officially endorse these products we recommend you enquire further at www.facebook.com/madewithlovebyemma. A donation of £5 goes to a local charity for every weighted blanket made.

Challengers autumn term in Eastleigh

Challengers run Playschemes for disabled and non-disabled children aged 4 to 12. They always have lots of highly trained staff so when you leave your child with them, you know they'll always have someone to play with. They also have spaces for children who need a higher level of support, including children with complex medical conditions. Their non-exclusion policy means that they will always find a way to make sure that every child can come to Challengers. For details visit <http://disability-challengers.org/what-we-do/playschemes/eastleigh/>

Challengers Youthschemes are for disabled young people aged 13 to 18 and run at weekends, evenings, and school holidays. Their programme of activities and trips out include going to London, skiing, swimming, bowling, cinema, lunch out at Pizza Express, and always time to just hang out and make new friends. Up to half the spaces are reserved for young people who have complex impairments and need a higher level of support. For details visit <http://disability-challengers.org/what-we-do/youthschemes/eastleigh/>

They are now taking bookings for their autism term sessions.

The Grow Project

The Grow Project Eastleigh will be opening its doors in a few weeks with brand new rates for the day service. The Grow Project support individuals (18+) to gain and maintain new life skills and opportunities in a person-centred support network around our core key skills. Every Friday a member of the team will be in Eastleigh between 10.00am and 3.00pm for anyone wanting to find out more on our project.

Grow will also be having a big build event on **Friday 27 July** between 10.00am and 3.00pm at Southampton Sports Centre to create a public sensory garden with the help of SSEN. They are also looking for volunteers for this event.

For more information contact Sonja O'Donnell, Operations Manager at Sonja@srglimited.co.uk, phone 0330 133 0174 or visit their website at <https://thegrowproject.co.uk/>

500th Autism Ambassador appointed

We are delighted to announce that the Southampton, Hampshire, Isle of Wight and Portsmouth Autism Ambassador Scheme appointed Karen Perham from Hampshire Constabulary as the 500th Autism Ambassador at a recent training day in June. The scheme continues to grow at a fast pace and, following another training day on the Isle of Wight this week, we now have over 550 Ambassadors appointed since the scheme began in 2015 – all making a big difference by spreading the understanding of autism to their colleagues, friends and community. Also last month we welcomed nearly 200 Ambassadors to their annual conference in Winchester where guest speakers Sarah Hendrickx and Dr Tony Brown gave very interesting and informative talks. For more information about the scheme, of which we are an active partner, visit www.ascambassador.org.uk.



Hampshire & Sussex – first local campaign to take up PDA Society's call for action

Further to the publication of their *Being Misunderstood* report in May, showing that outcomes were generally very poor for the group of autistic people who have a PDA profile, the PDA Society issued a Call to Action for local authorities to issue position statements about PDA. A report of a survey of 110 families in the Hampshire and Sussex area (falling under the Sussex Partnership NHS Foundation Trust) is now available at <https://www.pdasociety.org.uk/blog/2018/06/hampshire-and-sussex-first-local-campaign-to-take-up-pda-societys-call-for-action>. The document shares local families' struggles for diagnosis and support, highlights the barriers experienced when trying to accessing services and makes suggestions for improvements.

Spot the difference – National Police Autism Association

To read an interesting post from the National Police Autism Association about a Police Sergeant who is on the autism spectrum, visit http://www.npaa.org.uk/spot-the-difference/?doing_wp_cron=1531427053.2984800338745117187500

Autism Education Trust

We are pleased to hear that the Department for Education has extended the Autism Education Trust's contract for another two years until April 2020. Read about the excellent work of the AET at <https://www.autismeducationtrust.org.uk/dfcontract/>

Interesting articles from Network Autism

The National Autistic Society intervenes in school exclusion case

The National Autistic Society recently intervened in a legal case in which a family is appealing against a primary school's decision to exclude their autistic son. Read more about the case, why the National Autistic Society has intervened and why the outcome of this case could have significant implications for autistic children and their families. Visit <https://www.autism.org.uk/get-involved/media-centre/news/2018-07-04-exclusions-case-blog.aspx>

New resources to prevent exclusion of autistic pupils from school

The NAS has produced new resources for The Autism Education Trust with funding from The Department for Education to assist education professionals in supporting autistic pupils and avoid exclusion from school. Visit <https://www.autism.org.uk/professionals/teachers/myworldhub/exclusions.aspx>

Autism and mental health: an interview with Dr Ian Davidson

Dr Ian Davidson, Lead Consultant Psychiatrist and Autism Champion for The Royal College of Psychiatrists, discusses why his service uses a strengths-based approach with autistic people, and how we can make physical and mental health services more accessible. Visit <https://network.autism.org.uk/knowledge/insight-opinion/autism-and-mental-health-interview-dr-ian-davidson>

Autism and controlled eating

Lucy Skye has had a recent diagnosis of autism and in this article she gives a very personal and fascinating insight into some of the challenges she experiences with food and eating. Visit <https://network.autism.org.uk/knowledge/insight-opinion/autism-and-controlled-eating>

Emotional wellbeing in autistic students: an interview with Justin Price

In this filmed interview, Justin Price, Head Teacher at Freemantles School, discusses how we can foster emotional wellbeing in autistic children and young people, ensuring it continues into adulthood. Visit <https://network.autism.org.uk/knowledge/insight-opinion/emotional-wellbeing-autistic-students-interview-justin-price>

Supporting autistic people at university

In this, the second of their university articles, Martyn Brown and Rachel Babbidge from the NAS explore different strategies for supporting autistic people at university or college, including reasonable adjustments and the transition to employment. Visit <https://network.autism.org.uk/knowledge/insight-opinion/supporting-autistic-people-university>

Reminders:

Autism-friendly performances

Me and My Girl

Chichester Festival Theatre has a relaxed performance planned their big summer musical, *Me and My Girl*, on **25 July** at 2.30pm. Tickets just £15. Stars Matt Lucas and Caroline Quentin have made a video talking about the relaxed performance at <https://youtu.be/RgKGCWp64UY>. Full details at <https://www.cft.org.uk/whats-on/event/relaxed-performance-me-and-my-girl>. *We have visited the show this week and can highly recommend it – it is great fun and well worth seeing!*

Harry Potter and the Cursed Child!

The NAS is 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 production even more accessible for autistic people and their families. The show is one play told in two parts: Part 1 will be on **Thursday 23 August** and Part 2 on **Friday 24 August**. If you're autistic, or have friends or family you know would love to see the show, [click here to visit the website](#).

2018 National Autistic Society Surrey Branch conference

Our friends in Surrey are holding another of their very popular conferences at the University of Surrey in Guildford on **Saturday 29 September**. The theme this year is: *Autism In The Family*. A range of excellent speakers will be talking about different aspects of having a family member with autism, and how professionals can help. All the speakers are professionals working in the field of autism who also have a personal connection to autism. Places must be booked in advance. **Early booking before 31 July:** Parents/family carers, and people with autism are £35 each (£40 from 1 August), Professionals £65 each (£70 from 1 August). Coffee, tea and lunch are included, and there will be information stands and a book stall available. For more details, go to <http://www.nassurreybranch.org/conference-2018-1.html>

Autism Hour returns

Save the date: **6 October** 10.00 to 11.00am. Last year over 5,000 retailers took part in the world's first mass participation Autism Hour. We hope even more retailers will take part this year. For further information visit www.autism.org.uk/get-involved/tmi/autism-hour.aspx.

Friends of In Touch

Friends of In Touch is a small registered charity based at Y-Zone Youth Centre in Fair Oak, Eastleigh, supporting children and young people with autism and funded by the *BIG Lottery*. 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). It is also soon to start a young adults' social group as a follow-on from the Senior group.

Both groups are currently full but some places may become available during the summer holidays and from September. Anyone interested in being added to the waiting list should contact info@friendsofintouch.org.uk. The groups meet at Y-Zone Youth Centre, Fair Oak on Tuesdays during term time (Juniors 4.30 to 6.00pm and Seniors 6.30 to 8.30pm). Holiday groups are also planned. For full details visit www.friendsofintouch.org.uk

Hampshire Youth Project

Hampshire Youth Project is run by Enable Ability and funded by various grant funders for young people aged 16-25 years living in South East Hampshire; areas include: Emsworth, Havant, Hayling Island, Waterlooville, Fareham, Gosport, Eastleigh, Petersfield and surrounding districts. The project aims to provide young people with physical and/or mild-moderate learning disability, or additional need, with the opportunity to engage in a variety of planned recreational, social and sporting activities as part of a group setting. View their July Schedule at www.enableability.org.uk/wp-content/uploads/HYP-JULY-2018-EVENTS-SCHEDULE-MASTER-1.pdf or visit <https://www.facebook.com/hampshireyp>

ActiveAbility Solent – New Timetable

Visit <https://www.activecommunity.org.uk/activeability> to see their timetable which will include any updates and new sessions. They offer a range of accessible and fun activities that run seven days a week, including martial arts, athletics, boccia, ten-pin bowling and many others. Locations are mainly in Southampton but do also include Totton, Eastleigh, Chandler's Ford and Warsash. On average the sessions are just £3 each and it is as simple as just turning up, and their experienced and qualified coaches will take it from there. You can also make bespoke bookings where they can supply equipment, coaches and facilities. If you would like more information, contact Tom Grave, Activities Coordinator on 02380 784131 or email tom.graves@activenation.org.uk

Parent Forum – Alex Kelly Ltd

Speech therapist Alex Kelly is continuing to run 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! Visit www.speakingspace.co.uk/communication-2/, email office@speakingsspace.co.uk or phone 023 8098 7134.

Family Information and Services Hub

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

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 at 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: **22 July** and **19 August**. Evening sessions will be held from 6.00 to 8.00pm on Wednesday: **1 August** and **5 September**. For more information or to book, call Jessica on 02380 018336 or email 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 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/>

Rose Road Association Stay & Play Family Coffee Morning

Every **Saturday**, 9.30-11.30am, at The Bradbury Centre, 300 Alder Moor 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. The sessions are funded by BBC Children in Need.

Inspiring You Inclusion Weekends

At Avon Tyrrell Outdoor Centre, Bransgore, BH23 8EE: enjoy two nights in the main house, a range of exciting adventure activities and delicious meals to help you refuel. Have a go at climbing, archery, pioneering, bushcraft, kayaking and more... The activities are led by experienced instructors who will support you and help you challenge yourself, build confidence and try something new. These events are a fantastic opportunity for families to spend time in a safe and friendly environment, with specialised equipment and fully trained staff. Thanks to partnership funding, they are able to offer this for just £60pp for Gateway card holders. If you live outside of Hampshire, they would love you to join them too, so please contact them for alternative pricing. Dates for 2018 breaks, the next being **Wednesday 24 to Friday 26 October**, can be found on their website. They also run one-night breaks and one-night camping experiences. For details and to book, visit https://www.avontyrrell.org.uk/inclusion_weekends.html, email info@ukyouth.org or call 01425 672347.

Hampshire Local Autism Directory

The Local Autism Directory (LAD) is funded by Southampton, Hampshire, Isle of Wight and Portsmouth (SHIP), 8 CCGs and Adult Services, Hampshire County Council. Information within it covers children and adults. Visit the LAD at <http://www.autismhampshire.org.uk/local-autism-directory/directory/>

First Steps to Autism Information – local guides

Autism Hampshire's set of useful local guides for Southampton, Hampshire, Isle of Wight and Portsmouth, for people when they first want to know more about autism and the local support services available. Available from the Hampshire Local Autism Directory at <https://www.autismhampshire.org.uk/local-autism-directory/directory/#stepbystepguides>

My World, National Autistic Society

The NAS offers a FREE autism classroom resource pack and fortnightly resource emails for teachers who sign up to *My World*. Please pass this information on to all teachers you know. For a video with more information, please visit www.youtube.com/watch?v=Fv66Q-MUxqc and sign up at www.autism.org.uk/myworld

Our Resource Library

 Our library is available to members at our support group meetings and a small selection is available at our family youth club. Members can join the library for a one-off donation of £5. We now have around 400 books, videos, DVDs and games. Up to 3 items may be borrowed for a maximum loan of 2 months. We do ask that items are returned promptly to enable others to borrow them.

Help us boost our fundraising

A great way to raise money for us for free – shopping online through *easyfundraising*.

Whenever you buy anything online (presents, groceries, clothes, books, train tickets, hotel rooms, etc.) you can raise a free donation for our Branch. Over 2,700 retailers have registered with the site, including Amazon, John Lewis, eBay and Tesco who donate a percentage of what you spend to us to say thank you for shopping with them.

1. Sign up – go to www.easyfundraising.org.uk/causes/shantsnas and click on the button to sign up.
2. Shop – from the *easyfundraising* website, search for the retailer you'd like to shop with and click through to the retailer to make your purchase. This tells the retailer you came from *easyfundraising*. The price is exactly the same as if you'd visited the retailer directly.
3. Get a donation – after you've made your purchase, the retailer will give you a cash reward that *easyfundraising* turn into a donation for our Branch.

Please be assured that using the *easyfundraising* website will not cost you a penny. There are no catches or hidden charges and we benefit from any donations you make once registered.

Thank you for your support.



The graphic is a colorful advertisement for Easyfundraising. It features a central illustration of a woman with curly hair. Surrounding her are various product categories listed in green and yellow text: STATIONERY, BOOKS, DVDs & GAMES, HOLIDAYS, CLOTHES, HOME APPLIANCES, INSURANCE, GIFTS, BROADBAND & UTILITIES, SCHOOL STUFF, MOBILES, TRAVEL, ELECTRONICS, BUSINESS SUPPLIES, and GROCERIES. Below the illustration, the text reads 'What do you buy online?' and 'Whatever you buy online, you can raise free donations for us by simply buying through easyfundraising.org.uk'. A green circular badge says 'Start raising free donations now!'. At the bottom, it lists 'WITH OVER 2,700 RETAILERS TO CHOOSE FROM' and shows logos for Amazon.co.uk, John Lewis, Viking, Tesco, Republic, ASDA, M.S., and eBay.

As always, for full details of all our meetings, other dates, news items and information, visit our [website](#) and/or [Facebook page](#).

Regards

David & Rachel Carter

The National Autistic Society, South Hampshire Branch

Email: shants@nas.org.uk | Facebook: <https://www.facebook.com/nassouthhampshirebranch> | Website: www.shantsnas.org.uk
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You will have received this news update because we have your contact details on our list. Should you no longer wish to receive information, please let us know and we will remove you from the list. Thank you.