



# Newsletter

## Welcome to the September / October issue of Surrey News

We're celebrating the **100th** issue of Surrey News!

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As reported in the last issue, I have returned to the role of Branch Chair, and I want to start by thanking Emma Whitfield for everything she did for the Branch in her 6 years as Chair. She has increased the range of support that the branch offers, modernised our communications and worked very hard behind the scenes lobbying for better services, as well as being that vital first point of contact for new members. I am delighted that Emma has offered to remain on the committee to continue looking after the newsletter, website and Twitter feed.

No sooner had I taken back the role of Chair than I was hit by a period of poor health, and I am currently awaiting surgery which will put me out of action for a few weeks.

This has made it even more vital that we get additional volunteers to help us with branch activities. Our most pressing need is for people who can spare a few hours during the day from time to time to help man the branch stand at events or help at courses and workshops. If you feel you could help with this or in any other way, please email us at [info@nassurreybranch.org](mailto:info@nassurreybranch.org)

Many thanks,

Sara Truman

Chair (volunteer)  
NAS Surrey Branch  
General email: [info@nassurreybranch.org](mailto:info@nassurreybranch.org)  
Website: [www.nassurreybranch.org](http://www.nassurreybranch.org)  
Twitter: @NASSurreyBranch  
Donations: [www.justgiving.com/nassurreybranch](http://www.justgiving.com/nassurreybranch)

## NAS Surrey Branch Contacts

### **Chair:**

Sara Truman 07423 435413

[nas@mugsy.org](mailto:nas@mugsy.org)

### **Treasurer:**

Haywood Drake

[bobdrake357@btinternet.com](mailto:bobdrake357@btinternet.com)

### **Branch Membership:**

Nancy Rowell

[membership@mugsy.org](mailto:membership@mugsy.org)

### **Events:**

To book or enquire about events, email [events@nassurreybranch.org](mailto:events@nassurreybranch.org) with the name of the event in the subject line

Sarah Mead

[sarah\\_mead@hotmail.co.uk](mailto:sarah_mead@hotmail.co.uk)

Emma Searle

[ephillpotts@gmail.com](mailto:ephillpotts@gmail.com)

Jill Goulding

[Jill.goulding@gmail.com](mailto:Jill.goulding@gmail.com)

### **Website and Newsletter:**

Emma Whitfield

[emma@mugsy.org](mailto:emma@mugsy.org)

### **Parents of Girls' Group**

Rachel Pearson

[racheldpearson@gmail.com](mailto:racheldpearson@gmail.com)

### **Fathers' Group:**

Martin Trenaman

[trenamans@talktalk.net](mailto:trenamans@talktalk.net)

### **Parents of Adults' Group**

Hilary Dyce

[hilarydyce@yahoo.co.uk](mailto:hilarydyce@yahoo.co.uk)

### **Postal library Service**

Susan Salters

[nassblibrary@gmail.com](mailto:nassblibrary@gmail.com)

## POSTAL ADDRESS

*Please note, no NAS staff or volunteers work at this address*

NAS Surrey Branch  
c/o Walton Charities,  
2 Quintet,  
Churchfield Road,  
Walton on Thames KT12 2TZ

## Other Useful Contacts

*Unless clearly stated, organisations are not endorsed by NAS Surrey Branch or the NAS.*

NAS web site: [www.autism.org.uk](http://www.autism.org.uk)

NAS Helpline: Tel: 0808 800 4104 (10am – 4pm), or email [autismhelpline@nas.org.uk](mailto:autismhelpline@nas.org.uk)

NAS Parent-to-Parent line 0808 800 4106

NAS national membership: 020 7903 3563

Email [membership@nas.org.uk](mailto:membership@nas.org.uk)

### **Education Support**

NAS Education Rights: 0808 800 4102

SSIASS Parent Support: 01737 737300

[www.sendadvice.org.uk](http://www.sendadvice.org.uk)

SOSISEN charity to support EHCPs etc, Tel:

020 8538 3731, Web: [www.sossen.org.uk](http://www.sossen.org.uk)

### **Family Support & Representation**

NAS Family Support worker Surrey

Amy Sinclair [amy.sinclair@nas.org.uk](mailto:amy.sinclair@nas.org.uk)

Tel: 01483 521 743 (no new referrals)

Portage – support for children with additional needs under 3.5 years 0300 200 1004

Family Voice Surrey parent representation

[www.familyvoicesurrey.org](http://www.familyvoicesurrey.org)

### **Parent Programmes**

PAT-P for parents of under 5s (replaces Early Bird courses)

Cygnnet for parents of children aged 5 – 19.

Contact Vicky Jones, email:

[courses@sendteachingschool.co.uk](mailto:courses@sendteachingschool.co.uk)

Tel: 20 8330 3009 ex 237

Redhill CAMHS group for parents of children with ASDs, tel: 01737-287002

### **Activities for children and young people**

NAS Resource Centre, Godalming: 01483

521743 [SEResourceCentres@nas.org.uk](mailto:SEResourceCentres@nas.org.uk)

interAKtive, Epsom-based charity for children with ASDs and other communication

difficulties 07876 762178

[www.interaktive.org.uk](http://www.interaktive.org.uk)

### **Adult Services**

Surrey Adult Social Svcs: 0300 200 1005

NAS Surrey Service Tel: 01483 861600,

email: [surrey.service@nas.org.uk](mailto:surrey.service@nas.org.uk)

### **Employment Support**

Employability for people with disabilities including ASDs Tel: 01483 806806, email:

[employability@surreychoices.com](mailto:employability@surreychoices.com)

### **Benefits advice**

Carers Support <https://www.carers.org/>

NAS Tips page – via [www.autism.org.uk](http://www.autism.org.uk)

Cerebra DLA guide: 0800 328 1159

## **DLA Workshop for Parents in Guildford**

We are hosting a one-day workshop about Disability Living Allowance (DLA) for children by Cerebra, the charity that supports children with neurological conditions on **Tuesday 19<sup>th</sup> September** in Guildford.

The workshop, run by Cerebra trainer David Williams, aims to give parents and carers the skills to be able to complete a DLA claim form themselves. The workshop will help parents get the most out of Cerebra's DLA Guide, which can be downloaded for free here:

<http://w3.cerebra.org.uk/help-and-information/guides-for-parents/dla-guide/>, or request a printed copy by calling 0800 328 1159 or emailing [info@cerebra.org.uk](mailto:info@cerebra.org.uk)

It will help with common problem areas in DLA forms, bust some of the myths about claiming and help you assess whether you are getting the correct rate of DLA for your child if you already claim it and how to challenge it if not. David will also briefly touch on related benefits.

**BOOKING ESSENTIAL** – please email [events@nassurreybranch.org](mailto:events@nassurreybranch.org) with 'DLA Workshop' in the subject line to request a booking form. Suggested donation is £10 per person, part of which will be donated to Cerebra. Please let us know if you have trouble paying.

## **Cygnets Parent Programme Hosted by NAS Surrey Branch**

We are hosting two, two-day Cygnets parent programmes for parents of children aged 5 – 18 in Dorking and Guildford. The workshops, which are once again being run by independent trainer Liz Waters, run from 9.30am – 2.30pm on the following dates:

- **GUILDFORD Tues 17<sup>th</sup> & Weds 18<sup>th</sup> October** – bookings close 14<sup>th</sup> October 2017.
- **DORKING Thursday 9<sup>th</sup> & Friday 10<sup>th</sup> November** - bookings close 7<sup>th</sup> November 2017.

The two-day programmes are designed for parents / carers of children and young people aged 5 -18 with an autistic spectrum condition (diagnosis not necessary) and aim to help parents to:

- Increase their understanding of autistic spectrum conditions
- Develop their knowledge of how a child on the autistic spectrum may experience the world and what drives their behaviour
- Learn about practical strategies to use with children
- Find out about relevant ASD resources
- Meet with other families to gain support and learn from each other.

Topics covered include autism & diagnosis; communication; sensory issues; understanding behaviour and managing behaviour.

**BOOKING ESSENTIAL** – email [events@nassurreybranch.org](mailto:events@nassurreybranch.org) with 'Cygnets' in the subject line to request a booking form. Your booking is only confirmed once we have received your form and a refundable deposit of £10 per person.

The courses are FREE for up to two NAS Surrey Branch members to attend with REFUNDABLE deposit (cheque preferred). Your deposit will be returned to you on attendance. We reserve the right to retain payment from people who have booked but do not attend.

## **Bowling Event with Sparklers – Coming Soon**

In the last newsletter, we published a 'save the date' piece about a proposed bowling event in Frimley in October with Sparklers. Unfortunately, the venue we were planning to use has closed its bowling facility, so we are exploring other possible venues in the Camberley area. Please keep an eye on our online forum for information.

## **Update on NAS Surrey Service Clubs and Family Support**

As families who already use the NAS Surrey Service after school or youth clubs, or the Family Support service know, its services for under-18s are being changed or cut following the consultation by Surrey Short Breaks during May and June this year.

There is an update on the Surrey Local Offer website

<https://www.surreylocaloffer.org.uk/kb5/surrey/localoffer/site.page?id=VN2cDgJkjno>

From 1st December 2017, there will be just two after-school and two youth clubs run by the NAS in Surrey – details of venues will be announced in the autumn. Clubs in other areas will be delivered by the YMCA – for more information see <http://www.ymcaeastsurrey.org.uk/increased-short-breaks-service-from-december-2017/>

Sadly the NAS Family Support service will stop from December and new referrals are no longer being taken. For queries, contact 01483 521743 or email [SEResourceCentres@nas.org.uk](mailto:SEResourceCentres@nas.org.uk). The new address for NAS Surrey Services is Birch House, No 6 Godalming Business Centre, Woolsack Way, Godalming GU7 1XW.

## **NAS 'Autism Hour' in October**

During the week of 2<sup>nd</sup> October, thousands of shops and services will be participating in National Autistic Society 'Autism Hour', taking 60 minutes to provide autistic people with a break from the overload of too much information and helping to improve understanding about autism.

A wide range of shops, leisure facilities and cafes have signed up, including large chains such as Clarks, Lloyds Chemists and Pets at Home. You can see which organisations are taking part locally by clicking on the interactive map here <http://www.autism.org.uk/get-involved/tmi/autism-hour.aspx>.

There is also a template letter that you can complete to encourage local shops or facilities to take part <http://www.autism.org.uk/get-involved/tmi/autism-hour/resources.aspx>. Please make sure you change the contact email address to [info@nassurreybranch.org](mailto:info@nassurreybranch.org)

## **Consultation on new SEND Transport Model**

Surrey Council is consulting with parents and carers of children and young people with SEND in Surrey who use travel assistance to get them to their school, college or placement. They have now drafted a new policy for SEND Travel Assistance (previously SEND transport), which is open for consultation until 29th September.

You can view the draft policy and give your views by going to [www.surreysays.co.uk](http://www.surreysays.co.uk) and searching for 'SEND Travel Assistance'. The new policy will take effect on 1 September 2018, although you can request to use the new policy's facilities from October 2017.

There is an engagement event in Chertsey from 7.30 – 9.30pm on Monday 25th September where you can give your views direct. For details go to <https://www.eventbrite.co.uk/e/send-transport-engagement-event-tuesday-monday-25-september-730-930pm-tickets-36119556566?aff=es2>

## **Evening Meetings in Weybridge**

Fi Phippen, the parent volunteer who runs the Weybridge NAS Surrey Branch meetings, is once again testing out evening pub meetings on alternate months to see if there is any interest in the area. Meetings take place monthly on the last Friday on the month in term-time and will alternate between morning and evening meetings. Details on page 6.

## Express CIC Yoga Club

The parent-run group in Kingston, Express CIC, is running an after-school Yoga club for children on the spectrum on Mondays during term-time at the Express CIC office in Tolworth:

- 5 - 9 years - 4:00 - 4:45pm
- 10 -14 years 4:45 - 5:30pm

Cost will be £6.50 per session (payable to the instructor in advance each half term). For details, go to their website <http://www.expresscic.org.uk/> or email [info@expresscic.org.uk](mailto:info@expresscic.org.uk) and the instructor, Lorna, will be in contact to discuss further and arrange a taster session.

Express also offers Sibling groups and art groups.

## 'Bright and Light' Therapeutic Art Group

Member Simone Siddle is starting Saturday therapeutic art groups for children and teens with ASDs in Epsom from September. There are separate groups for boys and girls. Six sessions can be booked in advance for £120

She runs groups and one-to-one sessions for children and adolescents with social, emotional and behavioural issues. Simone is a parent of children with ASDs and a qualified teacher who tutors children who are not in school due to emotional, behavioural and social issues. All adults who help out with the group are DBS checked and are fully insured to work with children.

<https://brightandlightgroup.wordpress.com/> or email [simone.siddle@gmail.com](mailto:simone.siddle@gmail.com)

Simone is also taking part in Epsom Mental Health and Wellbeing Festival on 7<sup>th</sup> – 15<sup>th</sup> Oct  
<http://www.lovemelovemymind.org.uk/>

## Denbies Vouchers – Please Donate

We have been given two vouchers by Denbies Vineyard in Dorking for their Vineyard Train Tour (Mar – Oct) and are offering them to members in exchange for a donation to the branch. The vouchers are worth £14 for the pair. Denbies' website describes the road-train tour like this:

*50-minute vineyard tour takes visitors at a leisurely pace to some of the most beautiful viewing points in the vineyard. A recorded commentary enhances your trip making this an informative and comfortable way to experience the magnificent panoramic views of the Denbies Estate and the North Downs. Throughout the seasons the changing scenery captures the imagination, from the first bud burst of spring to the opulent vines of the autumn. Cameras recommended*

We are suggesting donations of at least £12 for the pair (more if you can spare it!). Please email Sara Truman at [nas@mugsy.org](mailto:nas@mugsy.org) with your offer and the tickets will go to the highest bid received by 15<sup>th</sup> September.

## NAS Surrey Branch Postal Library

Don't forget that we have a postal library service which offers you access to hundreds of books about autism and related topics that you can borrow for just the price of the postage. Many of these books would cost £30 or more. To view our list of books go to <http://www.nassurreybranch.org/postal-library.html> and click on the link to view the list of books (please note, this takes a while to load as there are images of every book cover)

For queries, contact Susan Salters, the parent volunteer who runs the library, at [nasslibrary@gmail.com](mailto:nasslibrary@gmail.com).

## NAS SURREY BRANCH CALENDAR

NAS Surrey Branch local meetings are a great way to meet up with other families to share information and seek support. Please always contact the relevant volunteer before going along to make sure nothing has changed. Most meetings run during term-time only.

If you can't see a meeting in your area, why not host one yourself? To find out more, contact us at [info@nassurreybranch.org](mailto:info@nassurreybranch.org)

**Guildford – Please note, these meetings may have to be rearranged due to Sara's health issues (see front page) – do make sure you contact her before going along.**

**Contact Sara Truman for details at [nas@mugsy.org](mailto:nas@mugsy.org) 01483 822630**

- Mon 18<sup>th</sup> Sept, 10.00am – 12noon. Venue to be confirmed.
- Fri 20<sup>th</sup> Oct, 10.00am – 12noon. Venue to be confirmed.

**Woking – Wyevale Garden Centre, Egley Road, Mayford, Woking GU22 0NH**

**Contact Sarah Norris [sarah4ian@ntlworld.com](mailto:sarah4ian@ntlworld.com) 07543 920917**

- Wed 13<sup>th</sup> Sept, 10.00am – 12noon
- Wed 11<sup>th</sup> Oct, 10.00am – 12noon
- Wed 15<sup>th</sup> Nov, 10.00am – 12noon

**Hinchley Wood – Hinchley Wood Primary School, Claygate Lane, Esher KT10 0AQ**

**Contact Juliette Sturge [juliettesturge@gmail.com](mailto:juliettesturge@gmail.com)**

- Friday 22nd Sept, 9.00 – 10.15am

**Weybridge**

**Contact Fi Phippen [f.phippen@talktalk.net](mailto:f.phippen@talktalk.net)**

- Fri 29<sup>th</sup> Sept, 9.30 – 11.30am, Café Rouge, Queens Road, Weybridge
- Friday 13th Oct, 8pm - 10pm, Oatland's Chaser, Oatlands Drive, Weybridge

**Frensham – The Holly Bush, Frensham, GU10 3BJ.**

**Contact Christine Malik [christinemalik@btinternet.com](mailto:christinemalik@btinternet.com) or Bonnie Noyce [ibnoyce@yahoo.com](mailto:ibnoyce@yahoo.com)**

- Mon 18 Sept, 9.15 – 11.30am
- Mon 16<sup>th</sup> Oct, 9.15 – 11.30am
- Mon 20<sup>th</sup> Nov, 9.15 – 11.30am
- Mon 18<sup>th</sup> Dec, 9.15 – 11.30am

**Godalming \*\*NEW MEETING\*\* A new meeting hosted by the mum of a 4 year-old.**

**Contact Cindy Barry [cindybarry75@gmail.com](mailto:cindybarry75@gmail.com), Tel: 07961 279518**

- Tues 26<sup>th</sup> September 9.30 – 11.30am

**Redhill**

**Contact Helen Ruffhead 01737 212043 [h.ruffhead@ntlworld.com](mailto:h.ruffhead@ntlworld.com)**

- Thurs 28<sup>th</sup> Sept, 10.00am – 12noon

**Parents of Girls Group – Woking and Guildford**

**Contact Rachel Pearson [racheldpearson@gmail.com](mailto:racheldpearson@gmail.com)**

An active group that meets approximately once a month during term-time.

- Friday 15th Sept, 10.00am Guildford
- Weds 18th Oct, 10.00am Woking

**Dads' Group – Locations around Surrey**

**Contact Martin Trenaman [trenamans@talktalk.net](mailto:trenamans@talktalk.net)**

The Dads' group meets socially 3-4 times a year. Dates for next term are to be confirmed. Contact Martin Trenaman for details, or to join the Dads' email group.

## CALENDAR / *Cont'd*

### Parents of Adults Groups – Locations around Surrey

A chance to meet parents and carers who have an adult offspring on the spectrum for an informal meal or drink and to seek support. Meetings run throughout the year.

- Thurs 7<sup>th</sup> Sept, Guildford 7.30pm – contact: Sara Truman 01483 822630 [nas@mugsy.org](mailto:nas@mugsy.org)
- Weds 4<sup>th</sup> Oct, Haslemere 7.30pm – Contact Hilary Dyce 01276 66032 [hilarydyce@yahoo.co.uk](mailto:hilarydyce@yahoo.co.uk)
- Thurs 2<sup>nd</sup> Nov, Weybridge – Contact Hilary Dyce 01276 66032 [hilarydyce@yahoo.co.uk](mailto:hilarydyce@yahoo.co.uk)
- Tues 21<sup>st</sup> Nov, Reigate – Contact Sara Truman 01483 822630 [nas@mugsy.org](mailto:nas@mugsy.org)

### Spouses and Partners Group, Guildford

Contact Sara Truman 01483 822630 [nas@mugsy.org](mailto:nas@mugsy.org)

Evening meetings for the partners of people on the spectrum (no diagnosis necessary).

Meetings run all year.

- Weds 20<sup>th</sup> Sept 7.30pm (NB Date to be confirmed)
- Weds 25<sup>th</sup> Oct 7.30pm

## Other Events

### PAST ASD / PDA Support Group

Positive Autism Support and Training (PAST) runs a support group for parents and carers of children with autism, PDA and challenging behaviour. The next one is on Friday 8th September at 10.00am at Sainsbury's Cafe Cobham. Contact Laura Kerbey of PAST

[info@positiveautismsupportandtraining.co.uk](mailto:info@positiveautismsupportandtraining.co.uk)

### Autism Awareness Workshop for Dads

Special Help 4 Special Needs is running a workshop on autism awareness for fathers of children and young people with ASDs in Croydon. The five-session course aims to provide information relating to the impact of ASD/Asperger's Syndrome in order to develop greater understanding about support and approaches needed. The group will be run on Saturday mornings from 11.00am- 1.00pm for five weeks from 7<sup>th</sup> October. The sessions incorporate various methods, including talks and some practical based activities. Cost: £65 for the course, including refreshments and handouts. Contact Mark Brown at [sh4sn@sky.com](mailto:sh4sn@sky.com)

### Redehall School Open Day

Aurora Redehall School is a new SEN day school for students aged 6-16 years with communication difficulties typically associated with Asperger's Syndrome and Autism. They are holding two open days for prospective parents and professionals to give an opportunity to meet the team and have a tour of the school:

- Wednesday 6th September: 4.30 – 6.30pm
- Saturday 9th September: 10:00am - 12:00 noon

Aurora Redehall School, Redehall Road, Smallfield, Surrey, RH6 9QA

RSVP to: [info@the-aurora-group.com](mailto:info@the-aurora-group.com) or call Jackie: 07464 496 848 or Wendy: 07464 496 836.

[www.the-aurora-group.com](http://www.the-aurora-group.com)

### Curly Hair Project Talks

The Curly Hair Project holds regular talks for parents and professionals around the UK, including many in locations around Surrey and Kingston. Charges apply.

For details go to <https://thegirlwiththecurlyhair.co.uk/events/>

## **We-Shine Airhop Event in Guildford**

The parent-run charity We-Shine have secured exclusive use of Airhop Guildford on Saturday 23rd September from 9am to 10am for children with additional needs and their families.

Booking essential. The cost is £7.50 per person - including adults. Please book via their website: <https://www.we-shine.org.uk/online-store>

## **Barnardos 'Moving Forward' Activities**

Barnardos Moving Forward Project works with Surrey Short Breaks to empower young people aged 12 - 18 years old who have a disability or learning difficulty living in Surrey.

The aim of the service is to promote life skills and independence, provide opportunities to socialise and make friendships. The service also gives young people a voice to express their views on services, community resources and issues that affect their lives. The service is provided to young people with a range of needs including:

- Learning difficulties
- Autistic Spectrum Disorder
- Moving and handling requirements
- Challenging behaviour
- Complex health needs

Referrals can be made by the young person themselves, parent or carers, social services, school teachers or play and leisure service staff – please request a form using the contact details below. Following receipt of the referral, an initial home visit will be undertaken and an All About Me plan will be completed.

They run a 12-week life skills youth group to support young people in becoming more independent at the same time as building their confidence and expanding their social circle. The next group starts on Thursday 14th September from 5.30pm-8.30pm at Bookham Youth Centre and costs £200 per person for the 12 weeks (includes an evening meal). They also run a Christmas party and activities in locations around Surrey and Sussex.

For a referral form or more details, contact Barnardos on 01293 610 692, email: [moving.forward@barnardos.org.uk](mailto:moving.forward@barnardos.org.uk)

## **Surrey SEND Progress Report**

Surrey CC has published a 'Progress Report' showing the key actions and progress made against each of the goals set out in their SEND Development Plan in spring 2016. These are:

- Transform the customer experience
- Rebuild the system around the customer
- Reshape the Local Offer
- Develop inclusive practice

You can read the report at

[https://www.surreycc.gov.uk/\\_data/assets/pdf\\_file/0019/135181/SEND-Progress-report-June-2017.pdf](https://www.surreycc.gov.uk/_data/assets/pdf_file/0019/135181/SEND-Progress-report-June-2017.pdf)

As part of its aim to reshape the Local Offer, Surrey has contracted Tania Tirraoro of Special Needs Jungle to manage its social media. Their Facebook page is @SurreySENDLocalOffer or follow them on Twitter @SurreySENDLO. Surrey's Local Offer website is at <https://www.surreysendlo.co.uk> - you can search for services by location and type.

## Education Health and Care Plan Resources

The Council for Disabled Children has produced two new short animations aimed at parents to help explain the EHCP process and the Person Centred Connection. Produced with support from the Department for Education, the films are designed to be used by local authorities, Independent Advice services (such as the Surrey SEND Information, Advice and Support Service <https://www.sendadvice.surrey.org.uk/>), professionals and parent groups in their communications with parents and young people.

The purpose of the two animations is to help explain the EHCP process and its important relationship with the 'Person Centred Connection'

<https://councilfordisabledchildren.org.uk/help-resources/resources/two-new-short-animations-aimed-parents-help-explain-ehcp-process-and-person-centred-connection>

There was also a useful post on Special Needs Jungle by Hayley Golensowska recently with links to resources for anyone in the midst of an EHCP application:

<https://www.specialneedsjungle.com/hayleys-ehcp-save-our-sanity-sos-plan/>

## Post-16 Benefit information

The information service for people with disabilities, Contact a Family, has changed its name to 'Contact' <https://www.cafamily.org.uk/>.

They recently sent an alert about 16-19 year olds who'll be staying in non-advanced education after the summer break, saying that parents and carers must let the Tax Credit Office know to avoid losing out on tax credit payments.

Contact's welfare rights expert Derek Sinclair says: "The Tax Credit Office always assumes that a 16 year old is leaving approved education or training during the summer. As a result, they automatically stop any tax credit payments for a young person from 1 September. In order for your payments to continue, you must contact the Tax Credit Office to confirm details of the course your 16 year old will be doing after the summer."

You can post a question or talk to other parents about benefits on their Facebook page @contactfamilies. To read more about benefits and tax credits go to:

<https://www.cafamily.org.uk/advice-and-support/money-benefits-work-and-childcare/benefits-and-tax-credits/benefits-at-16/>

If you have a young person who is approaching 18 and who is likely to transfer from Disability Living Allowance (DLA) to Personal Independence Payments (PIP), you can also download a copy of the NAS' factsheet on PIP from the Resources page of our website

<http://www.nassurreybranch.org/resources.html>

## Parent Carers in Surrey Research Findings

Many members took part in the research by Family Voice Surrey about how caring impacts the health and wellbeing of Surrey's parent carers. Research carried out by the forum, funded by the Department for Education, gives health and social care professionals tasked with supporting families a better understanding of the impact caring has on parent carers' health and wellbeing.

Family Voice Surrey has presented the research to health and social care commissioners and other practitioners, with clear recommendations. You can view the report and recommendations here: <http://www.familyvoicesurrey.org/single-post/2017/08/01/Research-shows-significant-impact-on-health-and-wellbeing-of-Surrey-parent-carers>

## Research Requests

We have received several research requests recently. Please get in touch directly with the researchers if you are able to help:

### **Pregnant women with ASDs - Autism Research Centre, Cambridge University**

This project is looking for pregnant autistic women to take part in a study looking at early infant brain and behaviour development. They are also exploring wellbeing for autistic mothers, in order to identify the positive aspects of being an autistic mother as well as areas where support might be needed for autistic mothers in the future.

Contact: Sarah Hampton, PhD Student, Autism Research Centre, Department of Psychiatry, University of Cambridge. Tel: 01223 465230, email [sch41@medschl.cam.ac.uk](mailto:sch41@medschl.cam.ac.uk)

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### **Educational needs of children – Kingston University**

Kingston University is recruiting parents of children and young people age 4 – 25 with Autism Spectrum Disorders for a project examining how the needs of children and young people with ASD are being addressed within the current educational context, especially since the introduction of the new Special Educational Needs and Disabilities (SEND) Code of Practice in 2014. This research will have real positive impact for parents, children and professionals and its main aims are:

- To inform guidelines for writing effective Education, Health and Care Plans
- To provide relevant and useful information for parents and professionals about how to offer focused and expert support

They are interested in the views of parents of children and young people aged 4 – 25 with ASD and would like them to complete a questionnaire:

<http://www.jovanherwegen.co.uk/index.php?cid=101>. Paper copies can be provided with pre-paid envelopes.

Contact: Maria Ashworth, Research Assistant, School of Psychology, Sociology and Criminology, Kingston University. Email: [M.Ashworth@kingston.ac.uk](mailto:M.Ashworth@kingston.ac.uk)

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### **Experiences of students with ASD in transferring to college - University of Birmingham**

Janet Moore is a branch member who is carrying out a small scale study into the experiences of students with ASD when they transfer from school to college. She is particularly interested in those with an EHCP (or Statement). This is part of an M.Ed in Autism which she is studying with the University of Birmingham.

Janet would be very grateful if anyone whose young person is either transferring this summer, or has moved to a college in the past 5 years, would take the time to complete this short survey <https://www.surveymonkey.co.uk/r/65C6LY3>. She is happy to answer any questions via email: [Janet.moore57@btinternet.com](mailto:Janet.moore57@btinternet.com)

## Information for Adults

### **Basketball Event for over16s with Learning Disabilities**

Scorchers Basketball Foundation in Guildford is holding a basketball session for over 16s with LDs at Surrey Sports Park in Guildford from 7.00 – 9.00pm on Monday 11th September. To find out more, email [foundation@surreyscorchers.co.uk](mailto:foundation@surreyscorchers.co.uk) or tel 07810122389

## Information for Adults / Cont'd

### Group for Siblings of Adults with ASDs?

We would like to know if there is interest in us setting up a support group for the adult siblings of adults with ASD in the future. If you, or anyone you know, would be interested or could support us with setting up a group, please email Sara Truman at [nas@mugsy.org](mailto:nas@mugsy.org).

### Adult Disability Register

The Surrey Disability Register registration form is now available in easy-read format.

The Disability Register is a voluntary register for anyone with a disability aged 18 or over and living in Surrey. This includes people with autistic spectrum conditions or physical or sensory impairment, a mental health condition, a learning disability or a long-term condition (HIV for example). It gives people access to a number of features including:

- Information about local groups and organisations
- Registration on the Vulnerable People's Reporting system, so that in an emergency the Emergency Management Team will know if someone in your house has particular needs
- Discounts with specialist equipment suppliers
- Opportunities to have a voice and share your views.

You can register at <https://www.surreycc.gov.uk/social-care-and-health/care-and-support-for-adults/mental-health-and-disabilities/surrey-disability-register> or call Natalie Wilson: 01483 517173.

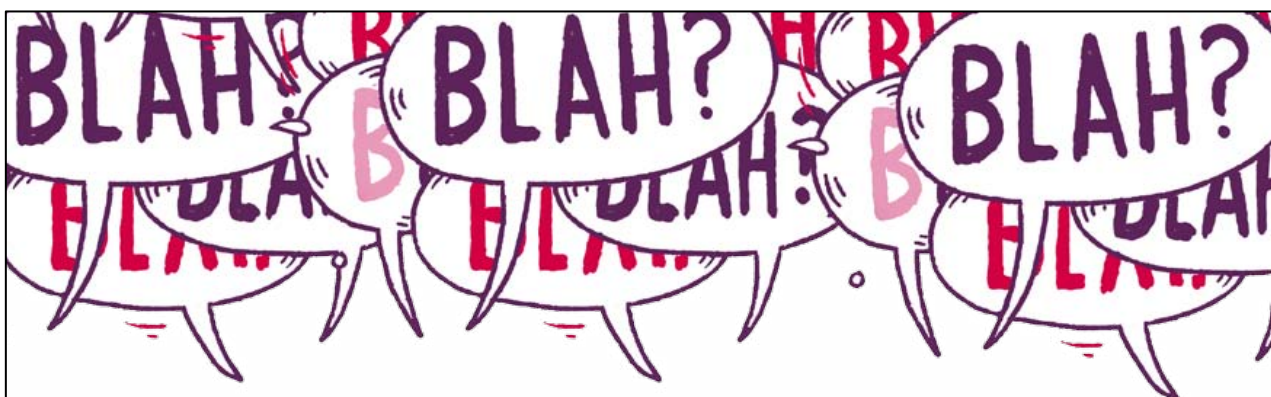
## About the NAS Surrey Branch

*The Surrey Branch of the NAS is a volunteer-run parent-to-parent support group for families in Surrey affected by Autism Spectrum Disorders. It's FREE to join (although a small donation is appreciated) and we have around 1,500 members. The branch holds regular meetings and organises social events, local coffee mornings and special interest groups, and represents parents in meetings with health, education and social services. We host an active Yahoo! online forum, and produce this newsletter every two months. To join, go to [www.nassurreybranch.org](http://www.nassurreybranch.org) or email [emma@mugsy.org](mailto:emma@mugsy.org) for a membership form.*

*If you are a member of the NAS at national level, you can nominate us as your branch by emailing [supportercare@nas.org.uk](mailto:supportercare@nas.org.uk) which means we receive a percentage of your annual subscription.*

*We're part of **The National Autistic Society**, a national charity founded by parents in 1962 which runs a wide range of services such as schools, clubs and adult centres. It has over 20,000 members, 100 branches and works in partnership with more than 50 local autism societies. The NAS exists to champion the rights and interests of all people with autistic spectrum disorders and to ensure that they and their families receive quality services appropriate to their needs. **National Autistic Society**, 393 City Rd, London EC1V 1NG [www.autism.org.uk](http://www.autism.org.uk). The National Autistic Society is a registered charity, number 269425. Company limited by guarantee number 1205298.*

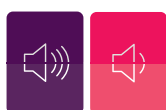
*The views expressed in Surrey News are not necessarily those of the National Autistic Society, and reference to specific services or approaches to autism does not imply endorsement. All material is copyright Surrey NAS and cannot be reproduced without permission.*



## The National Autistic Society's Autism Hour

For autistic people, the world can seem full of too much information – and too little understanding.

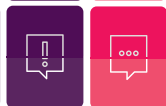
That's why we're launching **The National Autistic Society Autism Hour**. With the support of shopping centre owner intu, in the week of October 2, we're asking shops and businesses to spend just 60 minutes taking simple steps that lead to a more autism-friendly world:



**Turning down music and other noise**



**Dimming the lights**

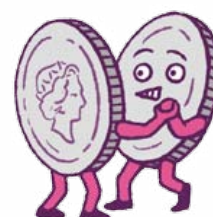


**Sharing information about autism with employees**



**Sharing information about our *Too Much Information* campaign**

To find out how to get your local high street involved in **The National Autistic Society's Autism Hour**, visit [www.autism.org.uk/autismhour](http://www.autism.org.uk/autismhour).



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