



Welcome to the October - November 22 issue of Surrey News

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Please note: Some of the articles in the front of the newsletter include information for young people and adults.

Our Branch continues to thrive as we expand our ability to engage with and influence the All Age Autism Surrey Strategy. We have membership of all the central working groups and boards and, as Surrey County Council begins Year 2 of the process by focussing on how to encourage positive changes in the areas of diagnosis, assessment, health care (physical and mental), housing and employment, your Committee will continue to seek to bring the voice of lived experience to the table.

To do this, we will sometimes need to ask you for your views and experiences, so we can share them with Surrey CC. Please do respond via our [email forum](#).

We all want substantial changes across the board, sooner not later, but patience is required. Surrey CC will need to engage with all the health care and education agencies to make a difference to diagnosis/assessment and schooling. These are substantially complex projects, even though we can all see the aspects that need to be addressed.

The more members we have, the bigger our influence. Please raise awareness of the Branch whenever you can: existing members remain the best vehicle for the recruitment of new ones.

One last request: the nine Committee members cannot do it all. We need you, please, to volunteer to help out at events, not just those we already regularly hold, but also at new events to support you all. If you are able to help at events, please email Deputy Chair, Sara Truman at stumansurrey@gmail.com

Thank you,
Paul M. Clements,
Chair

NAS Surrey Branch

Email: surrey.branch@nas.org.uk

Website: <https://NASSurreyBranch.org>

Facebook: @NASSurreyBranch

Donations: www.justgiving.com/nassurreybranch

NAS Surrey Branch Contacts

General Information

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surrey.branch@nas.org.uk

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Paul Clements

Deputy Chair /

Spouses and Partners Group

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Treasurer.NASSurreyBranch@nas.org.uk

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membership@mugsy.org

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Parents of Girls' Group

Sally Roberts

sallyaroberts@hotmail.co.uk

Parents of Adults' Group

Hilary Dyce hilarydyce@yahoo.co.uk

Parents of Children with PDA Group

Sara Truman strumansurrey@gmail.com

Other Activities:

Jill Goulding

Rachel Boyce-Davies

Jacqueline Bouette

POSTAL ADDRESS

NAS Surrey Branch

c/o Walton Charities,

2 Quintet, Churchfield Road,

Walton on Thames KT12 2TZ

NB: No NAS staff / volunteers work here.

Other Useful Contacts

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

NAS website: <https://www.autism.org.uk/>

NAS membership: <https://bit.ly/3l84tBW>

Education Support

NAS Education Rights: <https://bit.ly/3BTfux6>

SEND Advice Surrey: 01737 737300

www.sendadvice.surrey.org.uk

SOS!SEN charity to support EHCPs etc, Tel:

020 8538 3731, Web: www.sossen.org.uk

Family Support & Representation

Mindworks www.mindworks-surrey.org

Portage – support for children with SEND

under 3.5 years <https://bit.ly/3zLW635>

Family Voice Surrey parent representation

www.familyvoicesurrey.org

Action for Carers tel: 0303 040 1234

<https://www.actionforcarers.org.uk/>

Parent Programmes

NAS Stepping Up For Autism course

Email: Surrey.FamilySupport@nas.org.uk

Activities for children and young people

NAS Resource Centre, Godalming: 01483

521743 SEResourceCentres@nas.org.uk

interAKTive, Epsom-based charity for children with ASCs and other difficulties

07876 762178 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

Employment Support

Employability for people with disabilities

including ASCs Tel: 01483 806806

<https://bit.ly/3f8WXTu>

AS Mentoring specialist mentoring and employment support for autistic people

<https://asmentoring.co.uk/>

Benefits advice

For children: <https://bit.ly/3xblygN>

For adults: <https://bit.ly/3ydoXNq>

Cerebra Downloadable DLA guide:

<https://bit.ly/3lpEoyh>

Children's Christmas Party 4th December

Our Christmas party for autistic children and their siblings aged 10 and under returns after a 2 year gap due to the Covid-19 pandemic. It is on **Sunday 4th December from 4.00 – 6.00pm at Woking Leisure Centre.**

The suggested donation is £5.00 per child including tea (discounts for extra children). We have exclusive use of the soft play area from 4.00 – 5.00pm, followed by a party tea and there will be a visit from Santa during the meal. He will hand out a small gift for each child (PLEASE BRING A WRAPPED GIFT FOR YOUR CHILD, LABELLED WITH THEIR NAME). Older siblings are welcome to join for tea only at a cost of £4 per head.

Booking is essential. You can book via Eventbrite <https://www.eventbrite.co.uk/e/nas-surrey-branch-christmas-party-2022-registration-425977780007> If you have any queries, please email events@nassurreybranch.org with 'Christmas Party' in the subject line.

Preparing for Adulthood Event at Brooklands College

The parent participation organisation, Family Voice Surrey, and Surrey County Council are holding a Preparing for Adulthood event at Brooklands College on Saturday 15th October.

It's designed for young people between 14 to 25 years old with additional needs or disabilities, and their parents or carers. It offers a chance to explore the various ways that young people can achieve their goals and aspirations for the future. You'll be able to speak directly to a wide range of providers to learn about options and services available to young people, including:

- Local service providers
- Skills for adulthood
- Pathways to employment
- The transition to adult social care

The NAS Surrey Branch will have a stand at the event, as well as Active Prospects, The Grange Centre, and Bloomin Arts, to name just a few. A range of teams from Surrey County Council will also be at the event, who can provide advice and guidance, and signpost to helpful resources.

It's free to attend, but you can register here: <https://bit.ly/3SrOJYg>

Concert in Aid of NAS Surrey Branch in Bramley

A concert is being held in Holy Trinity Church, Bramley (near Guildford) on Saturday 8th October at 7.00pm in aid of the NAS Surrey Branch.

The concert is 'From Beethoven to Bowen', and features piano duets by Paul Guinery and Alan Newcombe. As well as works by Beethoven and York Bowen - often referred to as the 'English Rachmaninov' – there will be pieces by Debussy, Dvorak, Mendelssohn and Schubert. Paul and Alan are brilliant pianists and regular performers in Bramley, but this is the first time they will be playing duets together in concert.

Tickets are £10 (students & under 18s £5) and are available from organiser Stuart White via email: stuartwhite@waitrose.com, in person from Robertsons in Bramley High Street or at the door on the night. There will be a free glass of wine or soft drink in the interval.

Thank You to Committee Members Rachel Pearson & Jo Dilworth

Rachel Pearson and Jo Dilworth have resigned from the NAS Surrey Branch committee as volunteers after very many years of service. Rachel set up the Parents of Girls Group and Jo is the Co-CEO and founder of Appeer <https://www.appeer.org.uk/> – the not-for-profit organisation which supports autistic and neurodivergent girls and women which is used by many of our members.

Our huge thanks go to both Rachel and Jo for their years of dedicated volunteering.

Family Voice AGM In-person and Online School Transition Event

Family Voice Surrey (FVS) is hosting a free **online School Transition event** for parents of children who are transitioning or have recently transitioned from primary to secondary school. The online event runs from Monday 14th to Thursday 17th November and features specialist speakers, panel discussions, presentations and training from experts from the NHS, Surrey County Council, Contact training and many more.

Then on Friday 18th November, FVS is holding an **in-person one-day event from 10am-2pm at Eastwood Leisure Centre in Woking.**

Topics include: growing up guidance, parent and child wellbeing, reasonable adjustments, paperwork and preparation. Speakers including author Yvonne Newbold, who will discuss ways to support anxiety driven behaviour challenges and SEN lawyer and expert Sarah Palmer from The Children's Legal Practice who will speak about reasonable adjustments and legal rights.

Tickets are limited and will be on a first come first served basis: <https://bit.ly/3yblGvd>
You can follow FVS on Facebook here <https://www.facebook.com/groups/FVSurrey> or email contact@familyvoicesurrey.org if you have any queries.

New Autistic Character in Thomas the Tank Engine TV Series

Fans of Thomas the Tank Engine will probably be pleased to hear that the new Thomas and Friends TV series will include its first autistic character, Bruno the Brake Car, voiced by nine-year-old autistic actor Elliott Garcia from Reading in the UK.

The company says that Bruno rolls in reverse at the end of the train – “giving him a unique perspective on the world”, and loves schedules, routine, timetables and “when everything goes to plan”. Bruno can signify to other characters when he is overwhelmed, worried or excited by flapping his ladders and has a lantern to “indicate his emotional state”. He sometimes wears ear defenders when there is a loud noise.

The owner of the Thomas franchise, Mattel, worked with organisations including the National Autistic Society. You can read more in the Guardian here: <https://bit.ly/3BWU3vT>

Please Use Easyfundraising to Raise Money at No Cost to You

If you are buying gifts or food online in the run-up to Christmas this year, please do use Easyfundraising to donate to the NAS Surrey Branch at no cost to you. You can either shop by going to <https://www.easyfundraising.org.uk/causes/nassurrey/>, then searching for the online shop you want, or you can add the extension to your browser or get the app. Whichever way you choose, it only takes seconds. We'd be very grateful if more members who shop online could use the platform to boost our funds!

Save the Date: Online Talk on Speech & Language and OT

NAS Surrey Branch will be hosting an online talk entitled *Autism - Occupational Therapy and Speech & Language Therapy* in November. The event will be delivered via Zoom on **Monday 28th November from 7.30 to 9.00pm**. The speakers, who are professional therapists, will provide an overview of how both Occupational Therapists and Speech & Language Therapists work with autistic children.

Booking will open shortly - details will be on our online forum, or email events@nassurreybranch.org to request the booking link.

Stepping Up for Autism Course Availability

The NAS Surrey Family Support service (not the NAS Surrey Branch), delivers regular workshops for parents called Stepping Up for Autism. These 8-session courses for parents and carers of children and young people living in Surrey with a diagnosis of autism, or who are on the pathway to receiving a diagnosis. The course provides practical advice, information and strategies to help you support your child's needs. Topics include understanding autism, sensory differences, communication, understanding and supporting behaviour, education, supporting social skills, puberty and supporting independence.

Upcoming courses begin on dates including Monday 17th Oct (online), Tuesday 18th Oct (face to face in Godalming), Wednesday 19th Oct (online) and Thursday 20th Oct (online). New dates will be released in the New Year for January onwards.

You need to be registered with the service to attend the workshops. To register, or to enquire about these and other specialist workshops on topics such as Transitions, PDA, Sleep, Festivities and Anxiety, please contact the Family Support Team surrey.familysupport@nas.org.uk

Expanding Our Local Support Groups – Can You Help?

As life gets back to normal after the pandemic, parents can get to know other parents of autistic children or adults through the various support groups that are run by NAS Surrey Branch volunteers.

New members always tell us how helpful it is to talk to other people who are "in the same boat". The groups enable people to share their experience and knowledge of strategies that have helped them with particular issues, and swap information and vital local knowledge.

Our calendar on pages 6 & 7 lists the various support groups we run. Some meet over zoom, and others meet face-to-face in several towns around Surrey. Some are for parents of any autistic child or adult, others have a specific focus such as parents of girls, or parents of children with Pathological Demand Avoidance. We also have a group for spouses or partners of autistic adults.

We would now like to offer groups in more places around Surrey and are looking for volunteers who would be willing to run a monthly face-to-face group in a town which doesn't currently have any support groups for parents of autistic children.

If you would be interested in finding out more about running a local NAS group in your area, please email surrey.branch@nas.org.uk

NAS SURREY BRANCH CALENDAR October – December 2022

NB: all dates are provisional and could change due to unexpected events. Please always contact the host if you are planning to attend a meeting to make sure the meeting is going ahead and to confirm the times and venue.

ZOOM SUPPORT GROUP FOR PARENTS/CARERS OF AUTISTIC CHILDREN IN SURREY

Meets monthly during term-time. Your child does not need a diagnosis for you to attend. For Zoom links for these meetings, email support@nassurreybranch.org

Monday 17th October 8.00 pm
Wednesday 9th November 10.00 am
Monday 5th December 8.00 pm

LOCAL IN-PERSON SUPPORT GROUPS

In-person support groups run by parent-volunteers for parents/carers of autistic children in Surrey. Your child does not need a diagnosis for you to attend.

Ashted – For venue contact: Tarah Basu tarahbasu@googlemail.com

Wednesday 19th October **11.30 am PLEASE NOTE LATER TIME**
Wednesday 23rd November 10.00 am
December – Date to be confirmed

Frensham - Squires Garden Centre, The Reeds Road, Frensham GU10 3BP

Contact: Christine Malik christinemalik@btinternet.com or Bonnie Noyce JBNoyce@yahoo.com

Monday 10th October 9.15 – 11.00 am
Monday 14th November 9.15 – 11.00 am
Monday 12th December 9.15 – 11.00 am

Guildford - For venues contact Sara Truman strumansurrey@gmail.com

Fri 14th October 10.00 am – 12.00 noon
Mon 14th November 7.30 – 9.30 pm
Fri 2nd December 10.00 am – 12.00 noon

Hinchley Wood – via Zoom

Contact: Emily Gorvy email: emily.gorvy@hotmail.co.uk
Friday 11th November

Woking – For venue contact: Sarah Norris sarahnorris2003@gmail.com

Wednesday 5th Oct 10.00 – 11.30 am

If you would like to attend a Woking support group in November or December, please contact Sarah Norris at above email address.

SPECIAL INTEREST GROUPS

Parents of Girls Group – Woking and Guildford

Contact Sally Roberts sallyaroberts@hotmail.co.uk for venue

A group for parents of girls. Meets about once a month during term-time.

Tuesday 11th October 10.00 am – 12.00 noon Woking
Thursday 10th November 10.00 – 12.00 noon Guildford
Friday 9th December 10.00 – 12.00 Woking

If you have problems clicking on any links, you may need to paste them into your browser

SPECIAL INTEREST GROUPS / Cont'd

Parents of Adults Group

Face-to-face meetings in West and East Surrey alternate with Zoom meetings.
Contact relevant host for venues/links.

Thurs 6th Oct. 2.30 pm **Zoom** Contact Hilary Dyce hilarydyce@yahoo.co.uk
Thurs 20th Oct. 7.30 pm **Zoom** Contact Sara Truman strumansurrey@gmail.com
Weds 2nd Nov. 10.00 am **Woking** Contact Hilary Dyce hilarydyce@yahoo.co.uk
Fri 11th Nov 10.00 am **Leatherhead** Contact Sara Truman strumansurrey@gmail.com
Fri 2nd Dec 2.30 pm **Zoom** Contact Hilary Dyce hilarydyce@yahoo.co.uk
Tues 13th Dec 7.30 pm **Zoom** Contact Sara Truman strumansurrey@gmail.com

Spouses and Partners Group, Guildford

Contact Sara Truman strumansurrey@gmail.com for venue

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

Wednesday 26th October 8.00 – 9.30 pm
Wednesday 30th November 8.00 – 0.30 pm

Parents of children and young people with Pathological Demand Avoidance

This group meets over Zoom. To receive the Zoom link contact Sara Truman
strumansurrey@gmail.com

Thursday 27th October 8.00 – 9.00 pm
Thursday 24th November 8.00 – 9.00 pm

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November Gamers Lounge Events

The next monthly sessions of the Gamers Lounge are at The Boileroom in Guildford on:

- Saturday 5th November 2022
- Saturday 3rd December 2022

Tickets are advertised each month and there are two sessions per day: 12 noon to 2pm, and 2pm to 4pm. Tickets are £5 (plus booking fee), and available from <https://www.theboileroom.net/> Capacity is 20 people per session.

Please note, the Boileroom may sometimes need to change dates if they have other events booked, so do check their website for up-to-date information. These are not autism-specific events, but many Gamers Lounge customers, both adults and children, are autistic and they will do all they can to help people enjoy the sessions.

There is a range of retro consoles to choose from. Including Sega Megadrive, SNES, NES, Playstation 2 and Dreamcast with a choice of hundreds of games. You can also bring along your Nintendo Switches and use these.

If you have a child/young person who's interested, but uncertain please get in touch with Andrew Smith to find out more or to arrange to drop in and visit without having to buy a ticket - email Andrew.smith38410@gmail.com or call 07885 723243.

Please note that children cannot be left unattended at Gamers Lounge – you can get a drink in the covered garden area.

If you have problems clicking on any links, you may need to paste them into your browser

New book by Dr Joshua Muggleton: Developing Differently

Many branch members will remember the Muggleton family; John Muggleton was the lynchpin of the NAS Surrey Branch committee for nearly 25 years, and his autistic son, Joshua, has given several talks to the branch over the years, first as an autistic teenager and latterly as a Clinical Psychologist specialising in children with autism or learning disabilities.

Joshua has recently had his second book published by Jessica Kingsley Publishers. It is called *Developing Differently – a guide for parents of young children with global developmental delay, intellectual disability or autism*.

Joshua says that the idea for the book developed on a train journey back to Guildford to speak at our 2018 Branch conference. He was going over his slides and thinking about what he was going to say to us, and worrying that he would just be giving advice that people had heard before.

He realised that often the problem isn't that parents lack the knowledge they need about strategies to use, it is about making those strategies really practical and able to be used together rather than each one in isolation. There is also the risk of parents "burning out" under the pressures of managing housing, finances etc and other children as well as the needs of the child who is developing differently.

By the end of the train journey, Joshua's speaking notes had turned into the contents page and some draft chapters of a book. He was still not confident about whether it was a good idea, but he had a fantastic response from the audience which convinced him that there was a need for this book.

Developing Differently gives a step-by-step plan for parenting younger children with any neurodevelopmental conditions, explaining things such as how to organise routines, encourage new skills and provide the right environment for the child. It gives practical advice in a parent-friendly way with gentle humour which makes it very easy to read.

Additional Places Planned at Surrey Schools

Consultations are under way to offer more places for children with autism and related conditions in Surrey.

The first is a plan to change the designation of the SEN Unit at Ashford Park Primary from catering for children with Moderate Learning Disability to one for children with autism. The number of places will also increase from 21 to 25. You can read the consultation here:

<https://www.surreysays.co.uk/csf/ashford-park-primary-sen-unit-expansion/>

It is also proposed that Philip Southcote School (Addlestone) will expand on a satellite site at Epsom and Ewell High School for 11 – 16 year olds. This will create 20 additional places for pupils with Learning and Additional Needs (LAN) with an Education Health and Care Plan (EHCP) in Surrey.

You can read the details here: <https://www.surreysays.co.uk/csf/philip-southcote-expansion-at-epsom-and-ewell/>

Science Museum Quieter Sessions

The Science Museum runs out-of-hours sensory-friendly events for families with children and young people who need a quieter environment to enjoy the museum. Its Early Birds and Night Owls events are suitable for those who benefit from visiting the museum free from the hustle and bustle of the general public, including those with autism and / or sensory processing differences.

These events are hugely popular and get booked up early, so if the session you want is fully booked, it is worth signing up to their accessibility newsletter to get early notice of events: <https://bit.ly/3UQcc7f>

Early Birds events are for children aged 4-15 and their families. Upcoming dates are: [Saturday 22 October](#), 6.30–9.30pm (Early Birds Evening)
[Saturday 3 December](#), 08.00–11.00am

Night Owls events are for over-16s. The next event is on [Saturday 19th November](#) from 6.30 – 9.30pm.

All Aboard Club in Woking and Sutton

The All Aboard Club runs inclusive train play sessions for autistic, ADHD and special needs children. The children can build and play with huge train sets in a safe, understanding and supportive environment and there is support from people with lived experience of autism and ADHD.

The sessions are suitable for children and siblings aged 4 and upwards. A parent or adult carer needs to stay for the whole session. See the website for more details: <https://www.allaboardclub.com/play-sessions/#new-sessions>

Surrey Support Plan Information for Professionals

A document called the Surrey Support Plan, has been developed by Surrey County Council Early Years team for professionals to record information about pre-school children who have been identified as needing extra support and for use in referrals.

It replaces the One Page Profile, the Individual Support Plan and SEND Support Arrangements documents and is used to provide evidence for Early Intervention Funding and requests for Education Health and Care Plans (EHCPs).

Any professionals or parents who are interested can download the Surrey Support Plan and watch a video for professionals on how to complete it in the Practitioners section of the Surrey Local Offer here:

<https://www.surreylocaloffer.org.uk/practitioners/resources/gr-early-years#panel-2>

Transport FAQ

We know from our email forum that many people are facing issues with home to school transport this term. If you are concerned about your child's transport arrangements, it is worth reading this FAQ document compiled by Family Voice Surrey in September 2022.

The document is available here:

https://www.familyvoicesurrey.org/files/ugd/8e3021_a920e5d25b394dbb8eeaf27a714c6095.pdf

RESEARCH REQUESTS

Physical and Mental Health Care Needs of Autistic People Over 50

Researchers from **University College London** (UCL) are looking into the physical and mental health care needs of autistic people over the age of 50, including autistic people who have a learning disability.

The research aims to explore things that help or hinder autistic people in accessing health care, in the hope of showing what services can do to better meet the needs of autistic people over 50.

If you are an autistic person over the age of 50, or you care for someone who is, you are invited to help with the research by completing a survey online. The researchers would particularly like to hear from carers of autistic people with moderate or severe learning disabilities.

You can complete the survey anonymously if you wish. If you are interested in completing follow-up research, there will also be a section where you can provide your contact details. You do not need to take part in the follow-up research if you don't want to. Everyone who completes the survey and provides their contact details will be entered into a prize draw to win one of five £20 vouchers.

For more information please go to:

https://uclpsych.eu.qualtrics.com/jfe/form/SV_0NXnwWFZdr1lwa

If you have any queries, please contact Trainee Clinical Psychologists Amy Gillions amy.gillions.20@ucl.ac.uk or Hassan Mansour hassan.mansour.17@ucl.ac.uk

Research Into Supporting Autistic People Better at Work

Researchers at Birkbeck University are seeking people to take part in research about work. They are looking for participants who identify as Autistic, are over 18 years old, have at least 18 months' work experience and have experience of a positive work relationship with a colleague, manager, formal mentor or coach,

The researchers would like to have a confidential talk about your experience and the impact it has had on your work to help inform future employment practices. For more details, email jjenki09@student.bbk.ac.uk for further information.

This research has been given ethical approval by Birkbeck University of London.

Research into The Experience of Diagnosis for Young People

Nathan Armes is a trainee clinical psychologist who is doing research into the experience of young people receiving a diagnosis of autism.

He is still seeking participants aged between 11 – 17 who have received a diagnosis of autism in the last 5 years, and who would be willing to talk about it in an online interview (with the support of a parent/carer if desired.) The questions would be about what it was like to go through the autism assessment process and to receive the diagnosis. If your son or daughter would be interested in helping with this research, please email N.arnes@surrey.ac.uk for more information.

INFORMATION FOR ADULTS, YOUNG PEOPLE AND THEIR FAMILIES

Wellbeing Project for Adult Siblings

The charity SIBS is running a new sibling wellbeing project with Carers Trust, to offer respite to adult siblings of autistic people. The project will offer:

- A weekend retreat in the Midlands in January with yoga, mindfulness, creative workshops and sibling support sessions.
- An online course to explore new skills including creative writing, clay, laughter yoga, life coaching, mindfulness, painting and more (**Starts 4th October**)
- A self-care hamper including books, spa or activity vouchers, candles, aromatherapy sprays, tea & biscuits

To find out more and book your place, follow the link here.

<https://www.sibs.org.uk/support-for-adult-siblings/adult-sibling-respite-project/>

Advocacy Services in Surrey

Advocacy is for people who face difficulties in being involved in decisions about their care, and having their voice heard. Advocacy services are normally for people who have no other independent person to help them get their views across.

Advocates can help people say what they want, secure their rights, represent their interests and obtain services they need.

In some cases where people are receiving or need a service from social care or health, Surrey County Council have a duty to fund an independent advocate, and they commission companies to provide independent advocacy services.

One of the types of Advocacy available is 'Instructed Advocacy', which is for when a person is able to tell the advocate what their needs and wishes are and what support they need. In Surrey Instructed Advocacy is provided by a company called POhWER. To see what they provide, go to: <https://www.pohwer.net/surrey>

'Non-instructed advocacy' is provided as a best interest decision or statutory requirement to individuals who have been assessed to lack the mental capacity to instruct an advocate. In Surrey Non-instructed Advocacy is provided by a company called Matrix. To see what they provide, go to <https://www.matrixsdt.com/advocacy-in-surrey>

Surrey Voices Podcast

Surrey Voices is a new podcast written and produced by disabled people who are supported by Surrey Choices. The show discusses disability issues and the people working on it are gaining skills in communication, teamwork, technical skills and building confidence, which could all help with finding employment.

You can listen to the podcast here: <https://surreyvoices.podbean.com/>

And read more about it here: <https://www.surreychoices.com/latest-news/choices-waves-podcast-surrey-voices/>

Artwork Sought for NAS Thank You Cards

Staff at NAS head office are working on sourcing artwork to use for blank thank you cards which could be used for various communications, across the fundraising teams (corporate, events, legacy/in memory, supporter care, for anniversaries, birthdays, etc). They want to use art by autistic artists on the cards.

If you know anyone who would be interested, please contact Chloe Maskall by October 12th, email Chloe.Maskall@nas.org.uk.

Online Group for Parents of Adults – Action for Carers

Action for Carers is hosting its regular online group for parents of adults with autism or learning disability on Tues 25th October and 22nd November, both starting at 7.30 pm. You need to be registered with Action for Carers to attend.

For details, call 0303 040 1234 or email casadmin@Actionforcarers.org.uk. There is more information about what Action for Carers offers on their website: www.actionforcarers.org.uk

About NAS Surrey Branch

NAS Surrey Branch is a volunteer-run, support group for the parents of autistic children and adults, and the partners of people with autism, and is part of the National Autistic Society. It's FREE to join (although a small donation is appreciated) and we have over 2,000 members in and around Surrey.

We run an active email forum and produce this email newsletter every two months. We also host talks on a variety of topics, parent and partner support groups online and across Surrey, and annual Children's events. To join for free, go to nassurreybranch.org or email surrey.branch@nas.org.uk to request a membership form.

If you are a member of National Autistic Society at national level, you can nominate us to receive part of your subscription by emailing supportercare@nas.org.uk.

We are part of the National Autistic Society which works for autistic people and runs services such as schools, clubs and adult centres. It has over 20,000 members, over 100 local branches and works in partnership with more than 50 local autism societies.

The NAS exists **to transform lives** by being a trusted source of support and practical advice for autistic people and their families at key stages in life and **change attitudes** by working with businesses, policymakers, autism professionals and the public to reduce isolation and open up opportunities in society as a whole.

National Autistic Society, 393 City Rd, London EC1V 1NG www.autism.org.uk. Registered charity, number 269425. Company limited by guarantee number 1205298.

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