

Welcome to the December – January 23 issue of Surrey News

In this issue....

See **pages 6 - 7** for our calendar of online and in-person meetings for parents of autistic children, plus our special interest groups for parent/carers of autistic adults, girls and those with PDA, plus partners of autistic people.

- Gamers Lounge Events in Guildford – p3
- Sport and Social Club for 16+ - p3
- Dive Ability in Alton – p4
- FVS Free Wellbeing and Mindfulness Event in Woking – p4
- Young Carers Survey – p5
- Action for Carers Consultation Online – p5
- Group for Children Awaiting Diagnosis in Redhill – p8

Information for Adults, Young People and their families:

- Mental Health Crisis Research – p10
- The Include Choir in Redhill and Epsom – p10
- 'Books Beyond Words' Wordless Picture Stories – p11
- Monthly Autistic Women's Group in Guildford – p11

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

I need to begin this letter with the news that Paul Clements has had to stand down as Chair of the NAS Surrey Branch for personal reasons.

I will be Acting Chair until the committee decides on who will lead the Branch going forward. We would like to thank Paul for the work he did for the Branch this year.

If you're a member of the NAS at national level, you'll be aware of its new campaign entitled 'Now I know'. It features the stories of autistic women and non-binary people from across the country, who share their experiences of late diagnosis of autism.

The campaign was inspired by the words of Dawn Mills, who was diagnosed at the age of 56 and features in the campaign. She said: "I always knew who I was, **now I know why I am.**" You can view photos and films of people telling their stories here: <http://bit.ly/3XX4A11>

The December newsletter always has us thinking about Christmas – a time which can be quite challenging for autistic children and adults, and also for their families.

The NAS has put together some tips for autistic people and families to help with some of the common issues. You can see them here: <https://www.autism.org.uk/advice-and-guidance/topics/leisure/christmas/tips>

Sara Truman,
Acting Chair
NAS Surrey Branch

Email: surrey.branch@nas.org.uk

Website: <https://NASSurreyBranch.org>

Tel: 07423 435413

Facebook: @NASSurreyBranch

Donations: www.justgiving.com/nassurreybranch

NAS Surrey Branch Contacts

General Information

Branch Mobile: 07423 435413
surrey.branch@nas.org.uk

Acting Chair /

Spouses and Partners Group

Sara Truman
strumansurrey@gmail.com

Treasurer:

Haywood Drake
Treasurer.NASSurreyBranch@nas.org.uk

Branch Membership:

Nancy Rowell
membership@mugsy.org

Events & Talks:

Emma Ellis
events@nassurreybranch.org

Website & Newsletter:

Emma Whitfield
emmawhitfieldnassurrey@gmail.com

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

Emma Ellis
events@nassurreybranch.org

Other Activities:

Jill Goulding
Rachel Boyce-Davies
Jacqueline Bouette
Christine Malik

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.sendadvicesurrey.org.uk
SOSISEN charity to support EHCPs etc, Tel:
020 8538 3731, Web: www.sossen.org.uk

Family Support & Representation

Family Support Service

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/3ydoXNg>

Cerebra Downloadable DLA guide:
<https://bit.ly/3lpEoyh>

Gamers Lounge Events in Guildford

Gamers Lounge events enable young people and adults to play on a range of retro games consoles 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. They 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.

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

- Saturday 14th January 2023
- Saturday 11th February 2023
- Saturday 11th March 2023
- Saturday 8th April 2023

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.

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

Please note that children cannot be left unattended at Gamers Lounge. Parents or carers can get a drink in the covered garden area, where there is also a food outlet called Funky Pickle offering a range of Canadian foods and pizza!

ECL Allsports Sport and Social Club for 16+

ECL based in Walton-on-Thames has opportunities for a small number of younger people with autism and/or mild learning disabilities aged 16 plus to join their Allsports sports and social club sessions on Tuesday evenings from 6.30-8.30pm.

The sessions are run at a sports hall in the town centre by a facilitator and enthusiastic local volunteers and offer an opportunity to make friends and play various high-energy sports and games in a safe space. As this is a well-established group, they offer a free taster session to see if it is a good fit. If it is, then the cost is only £6 for the weekly two hour session thereafter.

Please contact their Charity Co-ordinator, Pier Markham for further details:
email: coordinator@eclwalton.org.uk or tel: 07981 450320

Thank You – Money Raised from Concert in Bramley

Thank you to everyone who supported the recent concert in aid of the NAS Surrey Branch at Holy Trinity Church in Bramley which raised a spectacular £1,336.06.

Enormous thanks go to Stuart White and all at the church, and to the wonderful pianists Paul Guinery and Alan Newcombe,

Dive Ability in Alton

Dive Ability is a charity based near Alton in Hampshire providing scuba diving experiences to anyone with a physical, mental or cognitive disability (subject to medical certification).

They welcome anyone from 10 years old with any disability (with a medical form or medical approval, as appropriate). You can try out a one off dive experience and progress to open water certification and beyond using both PADI Open Water or Handicapped Scuba Association (H.S.A.) courses if required. A trial dive experience costs £25 per learner and funding may be available for qualifying referrals.

For more details go to www.diveability.org or contact Julie Gray Development Officer, email julie@diveability.org or tel: 07553 920505.

Head2Head Pantomimes

Head2Head is a sensory theatre company that stages accessible and inclusive multi-sensory productions in venues all over Surrey. They are putting on Beauty and the Beast at venues during December – please check their website for availability <https://h2hsensorytheatre.com/families-2/>:

- Manor Green College, Ifield, Crawley on Sunday 11th December
- The cornerHOUSE, 116 Douglas Road, Surbiton on 17th December
- St Lawrence Church Hall, Browns Lane, Effingham on 18th December

They also have multi-sensory videos and games for those who can't make it to a live theatre <https://h2hsensorytheatre.com/multi-sensory-videos/>

Relaxed Cinderella Panto in Woking

ATG Theatre in Woking is putting on a relaxed performance of Cinderella for people with learning or sensory disabilities and their families on Thurs 8th December.

Relaxed Performances provide the exact same production as a typical audience would enjoy, with an atmosphere and attitude in the auditorium that makes everyone feel safe and comfortable.

You can book tickets here: <https://www.atgtickets.com/shows/cinderella-relaxed-performance/new-victoria-theatre/>

FVS Free Wellbeing and Mindfulness Event in Woking

Family Voice Surrey is hosting a FREE event for Parent Carers of children or adults with SEND who live in Guildford or Woking Boroughs on Tues 6th December from 10.00am - 1.00pm.

The Event will be at the Dianthus Building near the Goldsworth Park in Woking on the 6th of December at 10am-1pm. This Pampering Event will include tea, coffee and some cakes followed by a Mindfulness session starting at 10:30am with Emma Martin and a wellbeing session by Shine Co-ordinator, Nicole Farrell.

Places are limited to 30 people so please email to book your place ASAP. Please email guildford@familyvoicesurrey.org or woking@familyvoicesurrey.org to book your place and for more information.

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

NAS Family Support Update

The NAS Surrey Family Support service (not the NAS Surrey Branch) offers a wide range of services for families that include a child with autism, including those who are not yet diagnosed. Services include:

- EHCP support and signposting
- Services for children who are out of school
- Work with 8 – 16 year olds through schools
- 'Stepping Up for Autism' 8-session courses for parents and carers

Stepping up for Autism is open to parent/carers of children and young people living in Surrey. Topics include understanding autism, sensory differences, communication, understanding and supporting behaviour, education, supporting social skills, puberty and supporting independence. New dates will be released in the New Year for January onwards.

You can self-refer to the service, but need to be registered 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

Young Carers Survey

Carers Trust wants to hear from all young carers up to the age of 25 about the pressures of their caring role and what support they need. The findings will be published on Young Carers Action Day, March 15th 2023, and are designed to help influence the government to give young carers and young adult carers the support they need. The survey is here <http://bit.ly/3UiEJR9> and is open until 3rd January 2023.

Action for Carers Consultation Online

Action for Carers is holding a consultation where you can give your views on being a carer in Surrey and the support you need from Action for Carers over Zoom from 7.30 – 8.30pm on 7th December. Rachel Brennan, Adult Carer Service Manager will host the session and would like to hear your views on Action for Carers own services – what works best, what could they do more of, what could they do better?

You need to register in advance for this event and places are limited. To register go to <https://www.actionforcarers.org.uk/event/carers-consultation-3/> You will be sent the Zoom access code ahead of the session.

Feedback Wanted on Services for Birth to 5 years

The Birth to Five Years Community Health Partnership wants to hear from families across Surrey about health visiting and services such as Speech and Language Therapy, Occupational Therapy etc for children aged 0 – 5.

They would like to hear from as wide a range of families as possible with one or more autistic children, and from families where either one or both of the parents are autistic.

If you or your child are autistic and you would like to give feedback about maternity services, health visiting services or therapies, please contact Sara Truman at strumansurrey@gmail.com for more information.

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

NAS SURREY BRANCH CALENDAR December 2022 – February 2023

NAS Surrey Branch support groups enable parents or other family members of autistic children or adults to meet up with others and share their knowledge and experiences.

Please note: all dates are provisional and could change due to unexpected events.

Please always contact the host if you are planning to attend a meeting so that they know numbers and to confirm that the meeting is going ahead.

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, please email support@nassurreybranch.org

Monday 5th December 8.00 pm
Wednesday 11th January 10.00 am
Monday 6th February 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 - The Leg of Mutton and Cauliflower, 48, The Street, Ashted KT21 1AZ

Contact: Tarah Basu tarahbasu@googlemail.com
Wednesday 14th December 12.30 *Please note later time*
Wednesday 18th January 10.00 am
Wednesday 8th February 10.00 am

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

Contact: Christine Malik christinemalik@btinternet.com and/or
[Bonnie Noyce JBNoyce@yahoo.com](mailto:Bonnie.Noyce@yadoo.com)
Monday 12th December 9.15 – 11.00 am
Monday 9th January 9.15 – 11.00 am
Monday 6th February 9.15 – 11.00 am

Guildford

For venues contact Sara Truman strumansurrey@gmail.com
Mon 16th January 7.30 – 9.30 pm
Fri 24th February 10.00 am – 12.00 noon

Hinchley Wood – via Zoom

Contact: Emily Gorvy email: emily.gorvy@hotmail.co.uk
Friday 20th January

Woking

Sarah Norris sarahnorris2003@gmail.com
See page 7 and contact Sarah if you would like to attend a Woking support group.

SPECIAL INTEREST GROUPS

Parents of Adults Group

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

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
Fri 6th Jan 10.00 am **Guildford** Contact Sara Truman strumansurrey@gmail.com
Fri 20th Jan 10.00 am **Redhill** Contact Sara Truman strumansurrey@gmail.com
Weds 1st Feb 2.30 pm **Zoom** Contact Hilary Dyce hilarydyce@yahoo.co.uk
Tues 21st Feb 7.30 pm **Zoom** Contact Sara Truman strumansurrey@gmail.com

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.
Friday 9th December 10.00 – 12.00 Woking
Friday 13th January 10.00 – 12.00 noon Guildford
Wednesday 8th February 10.00 – 12.00 Woking

Spouses and Partners Group, Guildford

Group meetings currently paused. Please contact Sara Truman strumansurrey@gmail.com if you are interested in this group.

Parents of children and young people with Pathological Demand Avoidance

This group meets over Zoom. To receive the Zoom link contact Emma Ellis at events@nassurreybranch.org
Thursday 26th January 8.00 – 9.00 pm
Thursday 23rd February 8.00 – 9.00 pm

Have Your Say on the Future of Woking Support Group Meeting

The Branch's parent support group in Woking has been struggling to find parents wanting to meet up face-to-face recently. We are trying to decide whether it is time for the group to close, or whether we need to do something different for local parents of autistic children. Up until now our meetings have been at the café at Edwins Garden Centre on the Egley Road on a Wednesday morning.

Of course we know that most parents are now working full-time so are unable to attend daytime groups, but we would be very interested to hear from parents in the local area about what they want from the Woking support group.

If you live in or near the Woking area, and would like to link up in some way with other local parents of autistic children, we would be very grateful if you would email Sarah Norris at sarahnorris2003@gmail.com and/or Sara Truman at strumansurrey@gmail.com with ideas about what you would like provided in future.

Would meeting in the town centre be preferable? Would a different day of the week work better? Would some people like an evening meet-up? (and if so, is anyone willing to volunteer to run it?) Would someone like to volunteer to help with the group more generally? Any and all ideas gratefully received!

Group for Children Awaiting Diagnosis in Redhill

CAMHS are hosting an in-person support group in Redhill for parents of children who are waiting for an ASD diagnosis or who have recently had one.

The next session is on Wednesday 14th December from 12.30 – 1.30pm and will look at the topic of Christmas with Autism and PDA. The guest speaker is Gabrielle Cleeve from the PDA Carer support group.

The event is at CAMHS Redhill, Gatton Place, St Matthews Road, Redhill RH1 1TA. Please bring your own hot drink!

Curly Hair Project webinars

The Curly Hair Project (CHP) is a social enterprise that supports autistic people and those around them. Founder Alis Rowe uses animated films, comic strips and diagrams to make books, webinars and e-courses interesting and easy to understand.

Their autism training events are designed and delivered by people who are all highly experienced in autism.

They run webinars for people with autism, families and professionals. Forthcoming webinars include:

- What's it like to be autistic – 7th December
- Eating and autism – 9th December
- Females and autism – 12th December
- Anxiety and autism – 14th December
- Autism and gender dysphoria – 16th December

NAS Surrey Branch members can get 10% off webinars, books and training with the code NASSURREY (please note, this applies only to books and services bought directly from their website, not via Amazon).

For a list of webinars go to <https://thegirlwiththecurlyhair.co.uk/services/events/>
For books and resources go to <https://thegirlwiththecurlyhair.co.uk/resource/books/>

RESEARCH REQUESTS

Please address any queries about these research requests directly to the organisers.

Research on Young People's Experience of Diagnosis

Nathan Armes, a Trainee Clinical Psychologist, University of Surrey, is looking for autistic young people aged 16-21 years old to complete an online survey as part of his doctoral research. He is exploring the experiences of young people who have been through the diagnostic process in the past 10 years.

The survey can be accessed here:

https://surreyfahs.eu.qualtrics.com/jfe/form/SV_8qfULykNOs9IXrg

If you have any questions, please contact n.ames@surrey.ac.uk

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

RESEARCH REQUESTS / Cont'd

'Prospective Memory' and Autism

Rhys Swainston, a research assistant working with the Stirling Autism team at the University of Stirling, has asked if any autistic and non-autistic adults would like people to get involved in a project exploring the relationship between prospective memory and quality of life, in autistic and non-autistic adults.

'Prospective memory' refers to our ability to remember to complete an action at the correct time in the future (for example, remembering to attend a meeting tomorrow morning or pick up a pint of milk on your way home).

This study aims to explore the relationship between prospective memory ability and quality of life, in a large group of autistic and non-autistic adults.

People are eligible to take part if they are older than 18, and fluent in English.

If you agree to participate in this study, you will be asked to complete several questionnaires – it will take roughly half an hour to complete. **PLEASE NOTE:** Some of these questionnaires are about mental health, and will ask you to consider your levels of depression, general anxiety, social anxiety, and stress.

Participants will also fill out a prospective memory questionnaire and an autism traits questionnaire. You will be reimbursed with a £5 EGiftPay voucher.

If you have any questions, please contact Rhys at rs76@stir.ac.uk

Experience of Parenting Research – University of Lincoln

Sarah Cameron is a trainee Clinical Psychologist at the University of Lincoln. She is looking for parents/carers of children aged between 6 and 11 to take part in research into the experience of parenting and how parents/ carers make sense of their child's behaviour.

Participants are asked to complete a survey which aims to see whether the experience of parenting is different in parents/ carers of children with and without an autism diagnosis.

It is hoped that the research will contribute to better understanding of child behaviour, and better assessment and intervention practices in NHS services.

The survey is confidential and anonymous and should take max 35 minutes. **PLEASE NOTE:** The research will ask questions about mental health, stress and behaviour.

Participants may also be invited to take part in a further interview expected to last up to 90 minutes. Participants will be entered into a prize draw for a £20 Amazon voucher. Those who do the further interviews will be entered into another draw for a £20 Amazon voucher and will receive a summary letter.

For more information and a link to the survey, please go to:

https://unioflincoln.eu.qualtrics.com/jfe/form/SV_ehUpnB9hMdeaX78

If you have any questions, please contact Sarah Cameron:

25511260@students.lincoln.ac.uk

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

INFORMATION FOR ADULTS, YOUNG PEOPLE AND THEIR FAMILIES

Mental Health Crisis Research

Compassion in Crisis is a research project, which explores and documents experiences of crisis which may have led to an unplanned admission to mental health hospitals and specialist units. It focuses on the experiences of autistic individuals, individuals with learning disabilities and/or both.

The researchers are looking for 10 Surrey-based participants for a research conversation and an optional follow-up focus group. Research conversations can be either in-person, online, by telephone or e-mail.

If you or your family member have an experience of a mental health crisis which may or may not have led to an unplanned admission to mental health hospital or specialist unit, are autistic and/or have a learning disability, and are interested in participating, please email alex.hird@surreycoalition.org.uk

Police Scheme for People with Communications Disabilities

The Pegasus scheme is for people who find it hard to communicate with the Police. Once you've registered, they keep your pre-registered information safe on their computer and can access it quickly if you call them. Anyone who has a disability or illness that may make it hard to communicate with the police in an emergency or difficult situation can register for the scheme.

You'll be issued with a card and a personal identification number (PIN) and if you need to call the Police, say 'Pegasus', tell them your PIN and they will access your details right away, which will save you time.

You can also show your card to a police officer, member of police staff or other emergency services staff if you need assistance in person and they'll know you may need extra help and support. If you're under 18 you must have your parent or guardian's consent.

For more details and information about how to apply, go to <https://bit.ly/3ORjo0j>

Inclusive Choir in Redhill and Epsom

The Include Choir is starting a second Include Choir in Redhill. The new sessions will run on Tuesday evenings between 6-7.30pm at St Marks Church, Tattenham Corner.

The Choir also meets in Redhill at St Matthews Church, Redhill. The sessions are also on Zoom for anyone who can't get to the venues.

It will be free to join until the end of 2022, after which, membership fees will be kept as low as possible so that everyone can join in.

The choir welcomes people with and without learning disabilities or autism. It is a fun-loving friendly place to make friends and practice communication skills (for support staff too).

To find out more, book a taster session, see them in concert or volunteer please email info@include.org or view the website: <https://include.org/the-include-choir/>

'Books Beyond Words' Wordless Picture Stories

Beyond Words is a national charity for visual literacy and emotional wellbeing. It has developed resources called 'Books Beyond Words' which are award-winning wordless picture stories covering topics including physical and mental health, lifestyle and relationships, abuse and trauma, grief and bereavement, employment, and criminal justice.

Each story is co-created with and for people who find pictures easier to understand than words. This includes people with learning disabilities and/or autism. People who can't read or who don't like written words are often very good at reading pictures, known as visual literacy.

All of the books tell a story, but because there are no words, they also let the reader tell their own story – whatever it is that they see in the pictures. How they interpret the pictures can tell you a lot about their understanding of a situation, experiences and the things that matter to them.

There are Books Beyond Words Book Clubs in several different places in Surrey, including Farnham, Redhill and Epsom libraries. For more information email Lucy at lalexander@booksbeyondwords.co.uk

Appeer Monthly Autistic Women's Group in Guildford

Appeer is a community interest company that offers programmes and activities for autistic women and girls. One of its groups is an accessible environment where young autistic women can meet and connect with other local autistic women in a small group for mutual support and to explore opportunities to meet socially.

The sessions provide an opportunity for people to share experiences, strategies, information, support and encouragement. The specific goals of the group are decided by each Group.

Each group lasts 2 hours and is choice lead (there is no pressure to do anything including chat if you don't want to). It may include:

- Arts/crafts activities
- Sensory and wellbeing activities
- Card and board games and a range of magazines and books
- Informal, facilitated chat

The group is run by Fran McNally, a drama therapist who is experienced in autism, women and in supporting vulnerable groups.

The Group is at Guildford United Reform Church from 3pm - 5pm on Sundays on the following dates:

- 11th December
- 22nd January 2023
- 19th February 2023
- 26th March 2023

If you would like more information please email Fran on fran@appeer.org.uk. Find out more here <https://www.appeer.org.uk/women>

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

Online Social Group for Neurodivergent/Disabled Young Adults

Surrey Coalition (formerly Surrey Coalition of Disabled People) are providing a Young Adults Social Group for people aged 18 – 25.

Meetings started on 24 October but you can still join now. They run every other Monday 7pm to 8pm via Zoom.

If you are interested in joining, please contact Charlotte at involvement@surreycoalition.org.uk or call/SMS text 07492 249 513.

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.

The NAS Surrey Branch is part of the National Autistic Society - 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 any specific services or approaches to autism does not imply endorsement. All material is copyright NAS Surrey Branch and cannot be reproduced without permission.