



## Welcome to the August - September 23 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.*

I want to begin this month by saying a big “thank you” to **Emily Gorvy**, who is standing down after 5 years running our local support group in Hinchley Wood. We are very grateful to her for all she has done for the group.

We also welcome **Victoria Nunn**, who has joined the committee in addition to recently starting our Reigate support group.

The NAS nationally marked Volunteers Week in June with the second Branches Awards Ceremony, and we were delighted that **Emma Whitfield** was given the award for Long-standing Commitment to NAS Branches, one of the most prestigious awards. Emma joined the committee 19 years ago and was Branch Chair from 2011 to 2017. She is now our newsletter editor and website manager.

It's the second year in a row that one of our committee has won the Long-standing Commitment award, as last year it was won by our treasurer, **Haywood Drake** who has been on the committee for 24 years.

We are currently looking for someone to join our committee to be our events organiser – see page 4 for details (you don't have to commit for 20 years!)

The Branch is currently going through a period of reorganisation, and we have launched a short survey of Branch members, to find out what our priorities should be in the future. Please do complete it – see page 3 for details.

Sara Truman,  
Acting Chair  
NAS Surrey Branch

**Email:** [surrey.branch@nas.org.uk](mailto:surrey.branch@nas.org.uk)

**Website:** <https://NASSurreyBranch.org>

**Tel:** 07423 435413

**Facebook:** @NASSurreyBranch

**Donations:** [www.justgiving.com/nassurreybranch](http://www.justgiving.com/nassurreybranch)

## NAS Surrey Branch Contacts

### **General Information**

Branch Mobile: 07423 435413

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

### **Acting Chair /**

#### **Spouses and Partners Group**

Sara Truman

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

### **Treasurer:**

Haywood Drake

[Treasurer.NASSurreyBranch@nas.org.uk](mailto:Treasurer.NASSurreyBranch@nas.org.uk)

### **Branch Membership:**

Nancy Rowell

[Nancy.Rowell@nas-volunteers.org.uk](mailto:Nancy.Rowell@nas-volunteers.org.uk)

### **Events & Talks:**

Emma Ellis

[Emma.ellis@nas-volunteers.org.uk](mailto:Emma.ellis@nas-volunteers.org.uk)

### **Website & Newsletter:**

Emma Whitfield

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

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

Sally Roberts

[sallyaroberts@hotmail.co.uk](mailto:sallyaroberts@hotmail.co.uk)

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

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

### **Parents of Children with PDA Group**

Emma Ellis

[Emma.ellis@nas-volunteers.org.uk](mailto:Emma.ellis@nas-volunteers.org.uk)

### **Other Activities:**

Jill Goulding

Rachel Boyce-Davies

Christine Malik

Jason Malshuk

Stella Smith

Victoria Nunn

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### **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.**

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## 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](http://www.sendadvice.surrey.org.uk)

**SOS!SEN** charity to support EHCPs etc, Tel:

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

### **Family Support & Representation**

#### **Family Support Service**

**Mindworks** [www.mindworks-surrey.org](http://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](http://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](mailto:Surrey.FamilySupport@nas.org.uk)

### **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 ASCs and other 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 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>

## **Branch AGM and talk on Anxiety**

On the evening of Mon 9th October at 8.00 - 9.30 pm the NAS Surrey Branch Annual General Meeting will be held in person in Guildford.

Our guest speaker will be Dr Ann Ozsivadjian , a clinical psychologist who specialises in neurodevelopmental conditions and mental health problems. She will be talking about anxiety in autistic people. Places are free but must be booked in advance. To book go to <https://www.eventbrite.co.uk/e/nas-surrey-branch-agm-autism-and-anxiety-talk-registration-688127396567>

Before Dr Ozsivadjian's talk, the AGM will include the annual election of the Branch Chair and Treasurer. We have two nominations of people to be Co-Chairs, and one nomination for treasurer.

If anyone else wants to put their name forward for these roles, please contact Sara Truman at [surrey.branch@nas.org.uk](mailto:surrey.branch@nas.org.uk) by 9<sup>th</sup> September.

## **NAS Surrey Branch Member Survey – Have Your Say**

It has been a number of years since we surveyed our members. During this time, much has changed and the Branch has grown to over 3,000 members.

As the Branch is run entirely by volunteers, and given that we receive no funding, it is essential that we ensure that the support groups, activities and information sources we offer are fit for us as such a large parent-to-parent support group.

The survey is open to autistic people, parent/carers and others closely involved with caring for or supporting autistic people.

Please spare a few minutes to tell us a bit about your family and let us know which events and activities you use and enjoy. Depending on the number of autistic people you respond about, it will take between about 3 and 5 minutes to complete. The survey is a Google Form and can be found here: <https://forms.gle/SWhkjUGcwf2zxRRp7>

## **'Let's Play Fair' Campaign for Accessible Playgrounds**

Scope is running a campaign called Let's Play Fair to improve the availability of inclusive playgrounds that will enable more disabled children to have fun and build friendships.

They are asking parent/carers to help by completing their Play Investigation survey. They will then use this data to help us assess the accessibility and inclusiveness of playgrounds across England and Wales.

All you have to do is visit your local public playground before you start completing the survey, following any rules they have about entry. Scope will ask you about the overall experience and surroundings, and about play equipment in the playground.

They will email you your answers at the end so you can use them to make a difference in your community. Details of how you can help are on the Scope website here: <https://bit.ly/3KmT511>

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

## **Voluntary Events co-ordinator needed**

The NAS Surrey Branch needs a volunteer to join our committee to take responsibility for organising branch events such as meetings with speakers, either in person or on Zoom, or occasional activities such as our recent Crazy Golf outing.

If this is something that might interest you, please email Sara Truman at [surrey.branch@nas.org.uk](mailto:surrey.branch@nas.org.uk) for more details.

## **Family Voice Surrey Annual Event**

FVS is hosting its Annual Event under the theme 'Empowering Parent Carers' at Leatherhead Leisure Centre, KT22 9BL on Friday 24th November, 10am – 3pm.

They are yet to finalise the full programme for the day, but are pleased to confirm that the Keynote Speaker will be Clare Truman of Spectrum Space Education, Training and Consultancy.

The Q&A Panel will include key members of the Additional Needs & Disabilities Partnership and there will also be surgeries for parent carers hosted by the various AND/SEND teams and stallholders with various third sector organisations. Details are on the FVS website <https://familyvoicesurrey.org/events-news-projects/calendar/>

## **Findings from FVS Survey on the Role of the Case Officer**

In March 2023, Family Voice Surrey's quarterly quantitative data survey was based on the role of the Case Officer, following concerns raised with them by families who were having communication issues with their SEND Case Officer.

The aim of the survey was to identify the issues to establish some key, tangible recommendations and outcomes to work on with Surrey County Council to help improve communications and support for families.

They received a total of 500 responses and offered six recommendations from the findings. You can read more here: <https://familyvoicesurrey.org/2023/06/13/the-role-of-the-case-officer-survey-results-and-next-steps/>

## **Keyworkers for Children and Young People**

The NHS has appointed autism and learning disability keyworkers – a new workforce to support children, young people and families to help avoid unnecessary admissions to mental health hospitals in every integrated care system (ICS).

The service is part of the NHS Long Term Plan. Children and young people are referred to keyworking services when they are included on an ICS's dynamic support register in line with new policies.

Initially, keyworker support has been provided to children and young people with a learning disability and/or who are autistic who are inpatients in, or at risk of being admitted to, a mental health hospital. From 2023/24, it is expected that all ICSs will offer their keyworking services to young people up to the age of 25. For more information, go to <https://www.england.nhs.uk/learning-disabilities/care/children-young-people/keyworkers/>

## **Appeer Summer Events**

Appeer, the Community Interest Company for autistic and neurodiverse women and girls is running a series of activities this summer including:

- Zoom Talk about the transition to university or work hosted by Rachel Pearson, one of Appeer's directors. Rachel also works for AS Mentoring, which is an organisation that supports autistic people in the workplace.
- Supported Paddle Boarding and Horse Sanctuary Activities for the 16-18 age group.
- Alternative Provision – they are taking registrations for next year's Weekday Alternative Provision offer.

For more information email [hello@appeer.org.uk](mailto:hello@appeer.org.uk) or go to their website: <https://www.appeer.org.uk/>

## **Tesco Help for Customers with Hidden Disabilities**

Tesco is offering customers with a 'hidden' condition such as autism, diabetes, hearing loss, or multiple sclerosis extra help in-store

If you're wearing a Sunflower lanyard, Tesco staff will understand that you have a hidden disability and that you may need a little extra help or time. They won't know what your particular disability is, or what challenges you may face. If you have specific requirements, please ask a member of staff for help.

Free Sunflower lanyards are available to customers with a hidden disability. Ask at the customer service desk in larger stores, or at the checkout in smaller ones. You don't need to provide proof of a disability.

## **Health & Wellbeing Coaching for Parents in Surrey Heath**

The Health and Wellbeing team for Surrey Heath Care Providers is running group coaching for parents and/or carers of autistic children (0-25 years old) living in Surrey Heath. You can access it whether your child has a diagnosis, are waiting for a diagnosis or are self-diagnosed.

The sessions will consist of 6 fortnightly one-hour meetings covering relationships and connections, boosting wellbeing, resilience and stress, eating for wellbeing, joy of movement and sleep & relaxation.

The sessions will be run by qualified NHS Health and Wellbeing Coaches. If you are registered with a Surrey Heath GP practice please contact them on 0333 332 0013 or email [shcp.healthandwellbeingservices@nhs.net](mailto:shcp.healthandwellbeingservices@nhs.net) to register your interest.

## **Home to School Transport Guide**

Family Voice Surrey have worked with the home to school transport team at Surrey County Council to develop a parent guide which details the process for accessing travel assistance for your child or young person from eligibility through to delivery.

You can read it here: <https://familyvoicesurrey.org/2023/06/08/home-to-school-transport-parent-guide/>

## NAS SURREY BRANCH CALENDAR August - October 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 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

*This group meets monthly during term-time. Your child does not need a diagnosis for you to attend. To request the Zoom links for these meetings, email [support@nassurreybranch.org](mailto:support@nassurreybranch.org)*

Monday 11<sup>th</sup> September 8.00 pm

Wednesday 18<sup>th</sup> October 10.00 am

### 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 and dates contact Tarah Basu [tarahbasu@googlemail.com](mailto:tarahbasu@googlemail.com)*

#### Frensham

*For venue contact Christine Malik [christinemalik@btinternet.com](mailto:christinemalik@btinternet.com) and Bonnie Noyce [JBNoyce@yahoo.com](mailto:JBNoyce@yahoo.com)*

Monday 18<sup>th</sup> September 9.30 – 11.00 am

Monday 9<sup>th</sup> October 9.30 – 11.00 am

#### Guildford

*For venues contact Sara Truman [strumansurrey@gmail.com](mailto:strumansurrey@gmail.com)*

Monday 18<sup>th</sup> September 7.30 – 9.00 pm

Friday 13<sup>th</sup> October 10.00 am – 12.00 noon

#### Reigate

*For venue contact Sara Truman [strumansurrey@gmail.com](mailto:strumansurrey@gmail.com)*

Friday 8<sup>th</sup> September 10.00 am – 12.00 noon

Friday 6<sup>th</sup> October 10.00 am- 12.00 noon

#### Woking

*For venues contact Paula Gerrard: [paulagerrard@live.co.uk](mailto:paulagerrard@live.co.uk)*

Tuesday 5<sup>th</sup> September 8.00 – 9.30 pm

Wednesday 4<sup>th</sup> October 10.00 am – 12.00 noon

### SPECIAL INTEREST GROUPS

#### Spouses and Partners Group, Guildford

*Meetings for the partners of autistic people (no diagnosis necessary).*

*For details of future meetings, contact: Sara Truman [strumansurrey@gmail.com](mailto:strumansurrey@gmail.com)*

*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 hosts for venues/links.*

Weds 2nd Aug 2.30 pm **Zoom** Contact Hilary Dyce [hilarydyce@yahoo.co.uk](mailto:hilarydyce@yahoo.co.uk)  
Weds 16th August 7.30 pm **Zoom** Contact Sara Truman [strumansurrey@gmail.com](mailto:strumansurrey@gmail.com)  
Mon 4th Sept 10.00 am **Guildford** Contact Sara Truman [strumansurrey@gmail.com](mailto:strumansurrey@gmail.com)  
Fri 15th Sept 10.00 am **Redhill** Contact Sara Truman [strumansurrey@gmail.com](mailto:strumansurrey@gmail.com)  
Tues 3rd Oct 2.30 **Zoom** Contact Hilary Dyce [hilarydyce@yahoo.co.uk](mailto:hilarydyce@yahoo.co.uk)  
Thurs 12th Oct 7.30 **Zoom** Contact Sara Truman [strumansurrey@gmail.com](mailto:strumansurrey@gmail.com)

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

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

For venue contact Sally Roberts [sallyaroberts@hotmail.co.uk](mailto:sallyaroberts@hotmail.co.uk)

Wednesday 13th September 10.00 am – 12.00 noon Woking

Monday 16th October 10.00 am – 12.00 noon Guildford

### **Parents of children and young people with Pathological Demand Avoidance**

This group meets over Zoom. To receive the Zoom link contact Emma Ellis at [emma.ellis@nas-volunteers.org.uk](mailto:emma.ellis@nas-volunteers.org.uk)

Thursday 28th September 8.00 pm

Thursday 26th October 8.00 pm

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## **South East Surrey Additional Needs showcase**

On Friday 29th September there will be an event for parents/carers of children and young people with additional needs at Horley Young People and Family Centre, The Old Fire Station, Albert Road, Horley RH6 7JA.

At the event, you can find out about a range of services and charities that offer support to families. The event is likely to be open between 11.00 am and 4.30 pm (TBC) and you can drop in when convenient between these hours. More details will be available on the Surrey Local Offer website soon, or contact Sue Hughes at [Sue.Hughes@surreycc.gov.uk](mailto:Sue.Hughes@surreycc.gov.uk)

## **NAS Surrey Branch online forum / email support group**

A reminder that in addition to the face-to-face and online support groups listed above, we also have an email support group, also known as the NASSB online forum. This enables forum members to ask questions of other members via group emails every day. Branch members can join the online forum by completing the simple form here: <https://nassurreybranch.org/moderated-email-forum/>

## **Thank You**

A big thank you to the Guildford Chamber Choir who raised £184.40 for the NAS Surrey Branch in a concert on 17th June. Donations like this make a great difference to the support we can offer local families.

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

## **NAS Autism friendly school art competition**

The NAS national charity is running an art contest where you can show what your dream autism-friendly school would look like. It could be a collage, drawing, Lego sculpture, photo... whatever you like!

They will be picking the most creative artworks to show to MPs in Parliament – and their favourite artworks will win a £50 voucher for Hobbycraft!

The competition is open to people of all ages, with a prize for under 16s and over 16s. It closes on Thursday 10 August.

Would your dream autism-friendly school have a sensory room, would everyone understand autism, or would there be extra-comfy chairs? They want to see anything you think could make a difference to your experience at school.

The art contest is open to children, young people and adults.

<https://act.autism.org.uk/page/128184/petition/1?ea.tracking.id=k75sieau>

## **Summer Activities at Elysian Animal-Assisted Therapy**

Elysian Animal Assisted Therapy and Learning Provision is running a range of sessions during the holidays across its three sites in Surrey and Hampshire including:

- Bespoke Family/Group Therapeutic Sessions from £45 per session
- Family sessions
- Family camping at Westland Farm (August 23)
- Self Esteem and Anxiety Workshops for young people (August 23)
- Booking forms and referral forms for all events/bookings

Sites are at Shamley Green, near Guildford, West Horsley and Andlers Ash Road near Liss.

You can book some of the events directly or request a referral form from their website here <https://elysianuk.org/holiday-events/> or email with any queries: [events@elysianuk.org](mailto:events@elysianuk.org)

## **Petition to Require Education Staff to be Trained in LDs**

Paula McGowan has started a petition asking the Government to pass into law that all staff in educational settings must be trained on learning disabilities and autism. She successfully campaigned for a change in the law after her son Oliver died due to a lack of understanding in hospital staff.

The Oliver McGowan Mandatory Training on Learning Disability and Autism is the Government's recommended and preferred training package for health and social care staff. The training has been formally evaluated and could easily be adapted to meet the needs of staff based in educational settings.

The petition seeks that every neurodivergent student should be able to get the education they need and that the Government should pass into law that all staff in educational settings must be trained on learning disabilities and autism. You can sign the Petition online here: <https://petition.parliament.uk/petitions/639050>

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



## **Ambitious About Autism Course for Young Autistic People**

Ambitious about Autism's Youth Network and professionals have co-designed a new six-week online course to help people aged 16 – 25 to understand autism called *Understanding You, Discovering You*.

The course is designed to help young autistic people explore their autistic identity, develop goals, and equip them with resources, in a guided peer support group.

Forthcoming dates are:

Monday 11 September to Monday 16 October  
Thursday 14 September to Thursday 19 October

Tuesday 31 October to Tuesday 5 December (for those aged 16 to 17)

Thursday 2 November to Thursday 7 December (for those aged 18 to 25)

Attendees take part in online sessions with a small group of other autistic young people, led by Ambitious about Autism staff. For details go to <https://bit.ly/3YiYR9n>

## **Tony Attwood Webinars from the ACAMH**

The Association of Child and Adolescents Mental Health (ACAMH) is a body committed to raising the standards in the understanding and management of child mental health issues.

They are hosting a series of webinars by Prof Tony Attwood, the British psychologist noted for his work on autism. He currently lives in Australia where he is Associate Professor at Griffith University:

### **Autism; Strategies to reduce being bullied and teased**

17 October - A 3-hour webinar, including Q & A session. 9.00 am - 12.00 noon Cost: £40 to include access to a recording for 90 days.

Children and young people with autism are more prone to bullying. Some children and young people will consider those with autism an easy target for bullying and teasing. This presentation will explore why children with autism are more likely to be a target and strategies to reduce incidents of bullying and teasing.

You can book your place at: <https://www.acamh.org/event/autism-bullying/>

### **Autism; Depression in children and teenagers**

24 October - A 3-hour webinar, including Q & A session. 9.00 am - 12.00 noon Cost: £40 to include access to a recording for 90 days.

This session will focus on the use of Cognitive Behavioural Therapy (CBT) to help children and young people with autism with depression. It should interest all mental health professionals and particularly parents and those that support children and young people with autism. There will be effective interventions, tips, and advice, that can be used immediately. Book at: <https://www.acamh.org/event/autism-depression/>

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

## RESEARCH REQUEST

### Exploring the Language & Communication Profiles of autistic Women and Girls

Women and girls with autistic features are more likely to go undiagnosed than men and boys. It is possible that this is due to a general lack of awareness about the female profile of autism.

Recognising differences/difficulties in social communication is a major part of making a successful diagnosis of autism. However, it seems that autistic females (as a group) have some better skills in this area than autistic males. In addition, they may mask their true communication style in order to fit in with non-autistic female peers.

These factors can increase the risk of being missed from an accurate diagnosis. Lack of diagnosis leads to limited support for their difficulties. What may start as relatively subtle social communication differences/difficulties can ultimately result in significant emotional difficulties if left unsupported. A key time where emotional problems can emerge seems to be in older childhood and young adulthood.

Researchers at Manchester University are running a study to collect data on social communication skills, areas of support need and impact on emotional well-being. To do this, they would like autistic young women or mothers of autistic girls to complete an online questionnaire.

This study is open to autistic females aged 18-25 – for more information go to [https://www.qualtrics.manchester.ac.uk/CP/File.php?F=F\\_9sMh1ZbtWcF5xVc](https://www.qualtrics.manchester.ac.uk/CP/File.php?F=F_9sMh1ZbtWcF5xVc)

If you are a parent of an autistic girl aged 11-17, click on the following link for more details, and/or email us letting us know that you are a parent of an autistic child. [https://www.qualtrics.manchester.ac.uk/CP/File.php?F=F\\_a4XQVfe7k485gUu](https://www.qualtrics.manchester.ac.uk/CP/File.php?F=F_a4XQVfe7k485gUu)

## INFORMATION FOR ADULTS, YOUNG PEOPLE AND THEIR FAMILIES

### Free Virtual Learning Disability Events

Surrey NHS learning disability liaison nurses are hosting some free health training events via Microsoft Teams for people with learning disabilities and their families living in Surrey.

There is a session on Flu and Sepsis Awareness on 6 September from 12pm to 1pm. Book your place on Eventbrite: <https://www.eventbrite.co.uk/e/flu-and-sepsis-awareness-for-people-with-learning-disabilities-tickets-630012082097>

Another session is on Bowel Health and Constipation on 1 November from 12pm to 1:30pm via Microsoft Teams. Book via Eventbrite: <https://www.eventbrite.co.uk/e/bowel-health-and-constipation-for-people-with-learning-disabilities-tickets-630000427237>

For queries, please contact the learning disability liaison nurses on: [rx.primaryliaisonld@nhs.net](mailto:rx.primaryliaisonld@nhs.net)

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

### People With Learning Disabilities Needed to Work on Easy Read Documents

Surrey County Council are looking for people with a learning disability to work with them in creating easy read information. Members of the team will be paid for the valuable work they contribute which could be up to 2 hours per month.

If you or someone you know are interested in joining the Learning Disabilities communications team, email them at [ldcommunications@surreycc.gov.uk](mailto:ldcommunications@surreycc.gov.uk) or call 07929 863582 before 1st September.

### Non-Performing Dance Group In Lingfield

The arts organisation for adults with disabilities, Bloomin' Arts, is starting a new non performing social dance group called Move It in September aimed at people who love to dance. Sessions are from 5pm to 7pm on Thursdays.

They also have spaces available on the Perform It Course, which offer fun, social nights that include drama, dance, and music. They run from 6.30pm to 8.30pm every Wednesday and you can have a free four-week trial. For details, call 01342 836785 or email [info@bloominarts.org.uk](mailto:info@bloominarts.org.uk)

### Surrey Autism Peer Workshops

Autism by Experience Community Interest Company are a team of mostly autistic adults in Surrey who have been developing and delivering training on autism to a wide range of audiences including social workers, employers and community services. The team train using their lived experiences, the latest research and a strong focus on strategies autistic people find helpful.

The Autism by Experience team are launching Surrey Autism Peer Workshops, which will be running from September to November 2023. These workshops are for autistic, or possibly autistic, adults (over 18 years old) living in Surrey – they are online and free of charge. Some are in the evening or on Saturdays. There will be 12 places on each workshop.

There will be 10 workshops altogether, each lasting 2.5 hours, but each will have the same content so people should only attend one. The workshops will have a strong focus on sharing strategies that autistic people find helpful in daily life.

You can register your interest by completing the form here:

[https://forms.office.com/pages/responsepage.aspx?id=GtamJMnFLkmx\\_ZmOI9DH2Yn0oV2BgxFFpuXnvGtmDmlUNkdXVVZZRONPTk1XOFZKtFJM0hOVkZXQS4u](https://forms.office.com/pages/responsepage.aspx?id=GtamJMnFLkmx_ZmOI9DH2Yn0oV2BgxFFpuXnvGtmDmlUNkdXVVZZRONPTk1XOFZKtFJM0hOVkZXQS4u) or by emailing [peer@autismbyexperience.co.uk](mailto:peer@autismbyexperience.co.uk) or phone/text: 07756 554858.

*(Please note that these contact details are only for administration of the workshops. Autism by Experience are not able to offer support to people outside of the workshops.)*

From September, handouts from the workshops will be available free of charge from [www.autismbyexperience.co.uk](http://www.autismbyexperience.co.uk)

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

## Zoom Meeting for Carers of Autistic Adults

Action for Carers is hosting a Zoom meeting for those caring for an adult with autism on Thursday 31st August from 7.00 – 8.30 pm.

The speaker is psychotherapist Marie-Anne Mckee, from Space 2 B You, who will lead an online session focusing on how to support someone on the spectrum and promote their independence. This workshop will look at medication's role in autism.

For details go to <https://www.actionforcarers.org.uk/event/coping-with-caring-caring-for-an-adult-with-autism-4/>

Action for Carers has drop-in hubs in Camberley, Guildford, Horley, Leatherhead and Woking which are open weekly and additional hubs with less frequent meetings in Addlestone, Banstead, Caterham, Cranleigh, Epsom, Farnham, Haslemere, Hersham and Shepperton

*For up to date news and information about our events, and those organised by other local organisations, do sign up to the NAS Surrey Branch email forum <https://nassurreybranch.org/moderated-email-forum/>*

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## 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 3,000 members in and around Surrey.*

*We run an active email forum and produce an email newsletter every two months. We also host talks, parent and partner support groups online and across Surrey and family events. To join for free, go to [nassurreybranch.org](http://nassurreybranch.org) or email [surrey.branch@nas.org.uk](mailto:surrey.branch@nas.org.uk) to request a membership form.*

*If you're 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](mailto: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.

**National Autistic Society, 393 City Rd, London EC1V 1NG [www.autism.org.uk](http://www.autism.org.uk). Registered charity, number 269425. Company limited by guarantee number 1205298.**

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