

Welcome to the October - November 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.

- Children's Christmas party in Woking ready to book – p3
- Reminder - NAS Surrey Branch in-person talk on anxiety in autistic people - p3
- LAST CHANCE: NAS Surrey Branch Member Survey – p3
- Dungeons & Dragons introductory session – p4
- Survey on Direct Payments – p4
- Half term activities – p5
- Consultation on new autism school in Walton – p8
- Online Talk on Understanding Autism & ADHD – p9

Information for Adults, Young People and their families:

- Share your positive stories of employment – p10
- Inclusive choir – and more – p10
- Changes to NAS Adult social groups – p11
- Other groups for adults – p11
- Survey on accessing mental health services – p12

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

I am standing down as Acting Chair at our AGM on 9th October, so this is my last Chair's letter.

I will be remaining on the committee for a while, so will still be in contact with some members, but I would like to take this opportunity to thank all committee members and other volunteers, past and present, for all their help running the branch.

If you haven't already done so, please complete our short Branch survey – see page 3 for details. We need to know what members want us to do and where, so this is your opportunity to tell the new Co-Chairs and committee your views.

We were greatly saddened to hear that one of our longest standing volunteers and members of the branch, Stella Drake, passed away peacefully at home on 1st September.

Those who have been members for a long time will remember her helping with teas and coffees at our Guildford and Woking meetings for very many years.

Our thoughts are with her family, including her son, Haywood Drake who is our treasurer.

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

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strumansurrey@gmail.com

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Haywood Drake

Treasurer.NASSurreyBranch@nas.org.uk

Branch Membership:

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Nancy.Rowell@nas-volunteers.org.uk

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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

Emma.ellis@nas-volunteers.org.uk

Other Activities:

Jill Goulding

Rachel Boyce-Davies

Christine Malik

Jason Malshuk

Stella Smith

Victoria Nunn

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

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/3ydoXNq>

Cerebra Downloadable DLA guide:

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

NAS Surrey Branch Children's Christmas Party

One of our most popular family events, our annual children's Christmas Party is taking place on Sunday 3rd December from 4.00 – 6.00pm at Woking Leisure Centre.

The event is for autistic children and their siblings aged 10 and under and includes exclusive use of the soft play area for our group, plus tea, including a visit from Santa. Please bring a small wrapped and clearly labelled gift for your child / children for Santa to give them. If your child doesn't want to see Santa, you will have plenty of notice so you can take them out of the room before he arrives.

The suggested donation is £5 per child with discounts for additional children. Older siblings are welcome to join the younger ones for tea at a cost of £4 per head.

BOOKING IS ESSENTIAL via Eventbrite at <https://www.eventbrite.co.uk/e/nas-surrey-branch-christmas-party-2023-registration-729710031347>

If you have any queries, please email events@nassurreybranch.org with 'Christmas Party' in the headline.

Reminder: Branch AGM and talk on Anxiety

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

Our guest speaker will be Dr Ann Ozsivadjan, 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 the 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. AGM business only takes a few minutes.

NAS Surrey Branch Member Survey – Last Chance to Contribute

Thank you to those who have contributed to the Branch Survey so far. We have only had responses from about 1% of members, so we really need to hear from more people to ensure that everything we offer is right for the majority of members.

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

Please spare a few minutes to tell us a little about your family and let us know which events and activities you use and enjoy. The Branch is run entirely by volunteers and receives no funding, so we are keen to ensure that our time is spent on supporting families as effectively as possible.

Depending on the number of autistic people you respond about, it will take about 5 minutes to complete.

The survey is via a Google Form and can be found here:
<https://forms.gle/SWhkjUGcaf2zxRRp7>

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

Introductory Dungeons & Dragons Session in Dunsfold

We are hosting two Dungeons and Dragons taster sessions for autistic young people aged 12 – 17 on Sunday 29th October from 10.00am -12:00pm and 1.00 – 3.00pm. The sessions are in Dunsfold, Surrey and are for up to 6 adventurers per session on a first come, first served basis.

In Dungeons & Dragons, the players form an adventuring party who explore fantasy worlds together and embark on epic quests. It is a collaborative story telling game where the players take charge of their character, deciding what actions to take and working together to defeat foes, solve puzzles and be heroes.

Dungeons & Dragons has many rules and guidelines, but these sessions will use basic starter rules which can be explained and introduced as play is carried on, so prior knowledge of the rules is not required. The Dungeon Master will explain everything. These two-hour sessions will use pre-made fantasy characters on a starter quest. All materials will be provided, you just need to bring your imagination!

Parents/carers of the players remain responsible for their children throughout and will need to remain on site – there will be tea and coffee available and a chance to chat to other parents and volunteers from NAS Surrey Branch.

The suggested donation is £5 per player. For more details or to book, please email parent volunteer Jason Malschuk at Jason.Malschuk@nas-volunteers.org.uk If there is sufficient demand then we will look at organising D&D events in other areas of Surrey at a later date.

Elmbridge MENCAP family fun afternoons

Elmbridge MENCAP are holding monthly family fun afternoons, on Saturdays at Burview Hall, Walton-on-Thames from 2.00 – 4.00pm. The sessions offer families who have a child or children with a learning disability or additional needs the chance to get together and games, a sensory room and a garden are available. The cost is £5 per family and refreshments are provided. There is no need to book, just show up! The remaining Family fun days in 2023 are 21st October, 25th November and 16th December.

Surrey Direct Payments Survey – Have Your Say

Surrey County Council has co-produced a Draft Direct Payments Strategy for 2023 to 2028 with people with lived experience of Direct Payments, organisations and partner agencies representing both adults and families. This draft strategy identifies the challenges and issues people face having a Direct Payment from Children's social care teams and Adult Social Care and outlines how SCC intends to address people's concerns.

To gather views on what works well, what could be better and to get ideas for changes or improvements, they are asking people with lived experience to review the Draft Direct Payments Strategy and complete a Survey to give their views <https://bit.ly/3tdiWCS>. The survey is open until Sunday 29 October.

To request a hard copy or any of the alternative formats of the survey, or for further information, contact Surrey County Council on tel: 0300 200 1005, text: 07527 182 861 or email: dpstrategy@surreycc.gov.uk

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

Half Term Activities

Here is a roundup of activities we have heard about happening over half term. Please contact the organisers direct for details or with any queries.

The EDGE Hub in St John's, Woking is hosting a series of events for over 11s with any type of disability. Activities include Sports & fitness, pumpkin carving, cooking and eating and games & crafts. You can meet new people, learn new skills and have fun. You can attend for the week or choose your day.

For more information call or text 07425 471014 or email: jennifer.brown@edge-consultancy.com

Elysian Animal Therapy for children and young people with additional or emotional/mental health needs has a selection of events over half term. These events are all at Westland Farm, Shamley Green, GU5 0TL, but they have three sites across Surrey and Hampshire

Pony Play 23rd, 25th and 27th October. For all young people as well as young people with SEN/additional needs. Pony Play is all about the children having fun with the ponies and any family members who join in! They have a whole two hours of grooming, decorating, and playing with their ponies, sometimes taking ponies for a walk (age dependent). Children can also meet other animals, including rabbits and goats and reptiles such as the snake - if they wish to!

Farm Camp for 6-12 year olds, 23rd-27th October
The camps are centred around participants undertaking animal enrichment and animal care experiences mixed with fun activities based on age, needs and abilities, and interacting with all the animals on the farm.

Free Play Camp 24th and 26th October, for young people with PDA traits
Free Play sessions are particularly suitable for children and young people who find demands difficult, as they are given a free choice throughout the session of what activities they would like to do, with low demand.

Activities cost £30 per child. You can see a full list of events on their website <https://elysianuk.org/holiday-events/>

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Autism-Friendly Play Park Sessions

Mega Bounce Play Park are holding autism friendly sessions from 9.00 am to 10.00 am on Sat 7th and Sun 8th October at Mytchett Community Centre, 140 Mytchett Road, Camberley GU16 6AA. The cost is £5.00 per child. For details go to <https://www.megabouncepark.com/> or call 07453 749563.

Action for Carers - Understanding PDA Workshop

Action for Carers is hosting an online talk led by Sian from Space2BYou on Tuesday 21st November, from 7.00 - 8.30pm This workshop will look at issues such as self-esteem and communicating in overwhelm, To register please call 0303 040 1234 option 1; or email CSAdmin@actionforcarers.org.uk

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

NAS SURREY BRANCH CALENDAR October - December 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

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

Wednesday 18th October 10.00 am
Monday 20th November 8.00 pm
Wednesday 13^h December 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.

Ashtead

For venue contact: Tarah Basu tarahbasu@googlemail.com

Tuesday October 17th 10am
Tuesday November 21st 10am
Tuesday December 12th 10am.

Frensham

For venue contact: Christine Malik christinemalik@btinternet.com and
Bonnie Noyce JBNoyce@yahoo.com

Monday 9th October 9.30 – 11.00 am
Monday 13th November 9.30 – 11.00 am
Monday 4th December 9.30 – 11.00 am

Guildford

For venues contact Sara Truman strumansurrey@gmail.com

Friday 13th October 10.00 am – 12.00 noon
Monday 13th November 7.30 – 9.00 pm
Thursday 7th December 10.00 am – 12.00 noon (Note different day)

Reigate

For venue contact: Victoria Nunn: victoria.nunn@nas-volunteers.org.uk

Friday 6th October 10.00 am- 12.00 noon
Friday 3rd November 10.00 am – 12.00 noon
Friday 1st December 10.00 am – 12.00 noon

Woking

For venues contact Paula Gerrard: paulagerrard@live.co.uk

Wednesday 4th October 10.00 am – 12.00 noon
Tuesday 7th November 8.00 – 9.30 pm
Wednesday 6th December 10.00 am – 12.00 noon

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

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.

Tues 3rd Oct 2.30 **Zoom** Contact Hilary Dyce hilarydyce@yahoo.co.uk

Thurs 12th Oct 7.30 **Zoom** Contact Sara Truman strumansurrey@gmail.com

Mon 6th Nov 10.00 am **Woking** Contact Hilary Dyce hilarydyce@yahoo.co.uk

Weds 15th Nov **Leatherhead** Contact Sara Truman strumansurrey@gmail.com

Tues 5th Dec 2.30 **Zoom** Contact Hilary Dyce hilarydyce@yahoo.co.uk

Thurs 14th Dec 7.30 **Zoom** Contact Sara Truman 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

Monday 16th October 10.00 am – 12.00 noon

Wednesday 8th November 10.00 am – 12.00 noon

Spouses and Partners Group, Guildford

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

For venue contact: Janet Moore janet.moore195713@gmail.com

Tuesday 17th October 8.00 pm – 9.30 pm

November date to be confirmed

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

Thursday 26th October 8.00 pm

Thursday 30th November 8.00 pm

Don't forget our **email support group** – the NASSB online forum.

To join go to: <https://nassurreybranch.org/moderated-email-forum/>

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Spouses and partners support group

Our support group for spouses and partners of autistic people has not met for a while, but we are planning to start it up again with a meeting on the evening of **Tuesday 17th October at 8.00 pm in Guildford**. If there is enough interest, we could also hold meetings in Leatherhead, and we might have daytime meetings as well as evening ones.

As with all our support groups, the Spouses and Partners group is an informal get-together, giving people a chance to meet others in the same situation and share their knowledge. Your partner does not need to have a diagnosis of autism for you to attend.

If you would like to know more about the group, email Janet Moore

janet.moore195713@gmail.com

Consultation on New Autism School in Walton-on-Thames

A consultation is currently taking place on the development of Hopescourt School, a new all-through specialist school which is being planned to open in Walton on Thames in September 2024. The Trust is currently seeking funding from the Secretary of State for Education to open the School.

The school has been commissioned by Surrey County Council, which has selected Freemantles School as the school's official sponsor.

There are consultation meetings at Cecil Hepworth Playhouse, Hurst Grove, Hepworth Way, Walton-on-Thames KT12 1AU on **Wednesday 4th October** from 10.00am to 12.00pm and 3.30pm to 5.30pm.

Find out more about the plans in the consultation document: <https://bit.ly/3rrOe8z> and have your say via the form here: <https://bit.ly/3RCQswr>

NAS Mental Health Campaign Open Letter

The National Autistic Society and learning disability charity Mencap are calling on Prime Minister Rishi Sunak to reform outdated mental health law, as thousands of autistic people and people with learning disabilities remain stuck in mental health hospitals. Currently, 92% of the 2,000 autistic people and people with a learning disability in mental health units are detained under the Mental Health Act.

The draft Mental Health Bill published last year proposed vital changes to the Mental Health Act and set targets to reduce the number of autistic people and people with a learning disability in inpatient units by 50% by March 2024. In fact, the number of autistic people in mental health hospitals has increased since the targets were set.

The NAS wants the Government to urgently pass a Mental Health Act that will change outdated laws that define autism and learning disabilities as mental health conditions, and to introduce better protection for autistic people and people with LDs. You can get involved by signing the NAS' open letter to Rishi Sunak:

<https://www.autism.org.uk/what-we-do/campaign/mental-health/time-to-act>

All-inclusive Rhymetime at Horley Library

Horley Library is running rhymetime sessions for young children with SEND and their families with a focus on autism. The sessions take place on selected Saturdays, with sessions for different age groups:

- 10.30 to 10.50am, for ages 0 to 4 years
- 11.10 to 11.30am, for ages 5 to 9 years

Upcoming dates are 7th October, 4th November, 2nd December - you can only book one session at a time.

This is a free event with a maximum of 6 children plus their parent/carer. They take place in a room with low lighting, sensory toys and a separate quiet room next door. Bookings are for one child and one accompanying adult. If you wish to bring a sibling, please book 2 places (the sibling must also be accompanied by an adult). To book, email horleylibraryevents@surreycc.gov.uk or call 03456 009 009 click option 6 and ask for Horley Library, or ask at the Help Desk in the Library.

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

Reminder: Family Voice Surrey Annual Event

A reminder that Family Voice Surrey (FVS) is hosting its Annual Event under the theme 'Empowering Parent Carers' at Leatherhead Leisure Centre, KT22 9BL on Friday 24th November from 9.00am – 3.00pm. The Keynote Speaker is Clare Truman of Spectrum Space Education, Training and Consultancy.

The day includes surgeries for parent carers hosted by various SEND teams. There will also be stalls from organisations including SOS!SEN, Send Advice Surrey, National Autistic Society, Laura Kerbey, ATLAS, All Age Autism Strategy, FASD (Foetal alcohol spectrum disorder), Helen Arkell Dyslexia and Home from Home Care.

Please book your place in advance via the Family Voice Surrey website <https://familyvoicesurrey.org/fvs-annual-event-2023/>

Online Talk on Understanding Autism & ADHD

Autism Learns is running an online learning series of webinars on understanding Autism and ADHD on 6th & 7th October.

A team of autism specialists will explore the relationship between autism and ADHD, how they present together, and the different approaches needed to support a child or young adult with both conditions compared to a sole autism diagnosis.

The cost for the two day series is £49.99 for parents and family carers and £74.99 for professionals. Content is CPD certified. Price includes 30 day access to recordings of the webinars. <https://www.autismlearns.co.uk/autism-adhd-series1/>

Autism Central Peer Education Programme

Autism Central is a new peer education programme, commissioned by NHS England aimed at helping families and carers to learn more about autism and the support available by signposting to useful resources and learning.

Its programme helps parents and carers to get the right understanding and adjustments in place across the services they use. Everything the programme does is informed by or co-produced with autistic people, families and carers.

The closest Autism Central hub to us is in Kent, but information, guidance and events are all available on the Autism Central website, including resources, finding help, details of events and access to learning resources and personal stories.

Go to <https://www.autismcentral.org.uk/> to find out more

Inclusive Hockey in Surrey for Children and Adults

Flyerz Hockey is the name for disability inclusive hockey across the UK. Falcon Flyerz is a Surrey-based group offering sessions for people with SEND of all ages as well as siblings, parents and carers. The group is all about having fun, learning new skills, making friends and promotes an active and healthy lifestyle.

There are Weekly SEN School sessions at St Teresa's School, Effingham and weekend sessions in Weybridge, Guildford, Epsom and Marlow <https://www.falconflyerz.com/>

INFORMATION FOR ADULTS, YOUNG PEOPLE AND THEIR FAMILIES

Talks by Action for Carers

Action for Carers is a Surrey-based organisation that offers a range of free, confidential services for unpaid carers. Events coming up that may be of interest to carers of autistic adults include:

Lasting Power of Attorney and Mental Capacity

A series of in-person talks on Lasting Power of Attorney and mental capacity at some of the AFC hubs:

Horley – Weds 11th Oct 10.30 – 12.00

Epsom - Tues 17th Oct 1.00 – 2.30

Guildford - Mon 20th Nov 12.00 – 1.30

Farnham - Fri 15th Dec 10.30 – 12.00

Coping with caring: caring for an adult with autism

This is an online session with a Q&A where you can air difficulties, challenges or questions that are hard to ask or resolve when caring for someone with Autism. Thurs 26th Oct 7.00 – 8.30 Speaker: Marie-Anne McKee

Monthly online support group for carers of autistic people over age 17

This regular group take place on the fourth Tuesday of each month

To book for any of these events, go to the AFC website

<https://www.actionforcarers.org.uk/>, email CSAdmin@actionforcarers.org.uk

or give them a call on 0303 040 1234 option 1.

Positive Stories of Employment

One section of Surrey's All Age Autism Strategy is focused on trying to increase the number of autistic people who are in work. As part of this goal, we would like to hear from autistic people who have been successful in gaining and keeping a job, who would be willing to share their stories.

The aim is to enable employers to become more confident about employing autistic people by giving examples of how it has worked well for others. It would be particularly helpful to know if a supported employment service was involved in helping the autistic person to find their job or deal with any issues that have arisen, and what reasonable adjustments have been made (if any). If you would like to share your story, or your autistic family member would, please email surrey.branch@nas.org.uk

Choir and Other Activities for People with Communication Needs

Include is a registered charity which aims to break down barriers for people with communication needs. They run several projects, all of which are open to autistic people including The Include Choir with weekly sessions in Epsom (Tuesdays 6pm to 7.30pm) and Redhill (Wednesdays 7.30 to 9pm).

There are also inclusive wellbeing walks and in-person or remote supported volunteering opportunities. To find out more, email info@include.org, call 07918470190 or go to the website www.include.org

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

NAS Social Groups for Autistic Adults

The NAS professional service is making changes to the social groups for autistic adults that they run. Sadly, they have had to close the groups for young adults. In future, the social groups will be for all ages, as follows:

Aspire support group - Guildford

For autistic men and women over age 18, who can attend the group independently. First Thursday of the month, 6.30 – 8.30pm in Guildford.

Women's support group – Godalming / Online

For autistic women of all ages over 18. Third Saturday of each month 3.30 – 5.30pm. This group will alternate between an online group one month, and face-to-face in Godalming the next month.

County-wide online group - Online

For autistic people of all ages over 18. Meeting online on the last Friday of each month 7.00 – 9.00pm.

For more details about the groups, email Aspire.groups@nas.org.uk

Other Groups For Autistic Adults

Two organisations that work to support the mental health and wellbeing of people in Surrey also run groups for autistic adults.

The Mary Frances Trust (MFT) run a weekly group in Epsom for autistic adults who are able to manage their autism independently and wish to meet others to learn and share experiences. It meets on Monday mornings 10am to 12pm. You need to register with MFT first and then contact them to reserve a space.

Email: info@maryfrancestrust.org.uk, call: 01372 375400 or text: 07929 024722

Catalyst have started an online Autism Peer Support Group, which is run on Teams every fortnight on Tuesdays from 6 - 7.30pm. This group is for autistic adults to discuss their challenges and gain peer support, with an emphasis on the particular challenges around autism and the associated traits.

You do not need a diagnosis of autism to attend, but you do need to be on the waiting list for an assessment, or have spoken to a professional who has suspected that you are autistic. You also do not need a mental health diagnosis.

If you are interested in attending the group, please contact Caitlin Flynn: caitlin.flynn@catalystsupport.org.uk for further information.

Research Study on Autistic Adults Experiences of Psychological Therapies

Researchers at Exeter University are seeking adults with a diagnosis of autism or Aspergers Syndrome to take part in a new research project.

It aims to understand what psychological therapies are like for autistic people and to find better ways of delivering therapy to neurodiverse people. For more details email mc@1045@exeter.ac.uk

Survey on Accessing Adult Mental Health Services

The Independent Mental Health Network wants to understand people's experiences of seeking support for health and wellbeing in Surrey and North East Hampshire.

They will use this information to help the local mental health trust, Surrey and Borders Partnership NHS Foundation Trust, understand where services are working well and where they are not, and how they can be improved to meet the needs of everyone in the community.

They want to hear from everyone over the age of 18, whether you have accessed mental health and wellbeing support in the past or not. You can complete the survey here: <https://bit.ly/3EW3pY>

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/>

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 or email 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.

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. Registered charity, number 269425. Company limited by guarantee number 1205298.

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