Issue 154 June – July 2026

National Autistic Society | Surrey Branch

Welcome to the June - July issue of Surrey News!

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Introduction from our New Chair

Our new Chair, Noosh Miri, was voted in at our AGM in May, so we invited her to introduce herself:

I'm Noosh Miri, the new Branch Chair, and am honoured to be joining this special committee and community. Having been a member for a number of years, I've seen the incredible work the branch does and I'm keen to help continue and strengthen our support for the autistic community across Surrey.

I'm a busy working mum of two: a daughter and a son. My daughter is part of the amazing autistic community and she's absolutely fab! My son is neurotypical and one of the biggest advocates for neurodiversity I know. My husband and I are both very passionate about advocating for and educating others about autism. Professionally, I work in the corporate technology sector in a commercial role.

I'm really excited to meet as many of you as possible and hear your stories, experiences, and ideas about where our focus should be to best support you and your families.

I'll be at the upcoming crazy golf event, so please do come and say hello if you're attending.

Thanks, and see you soon!

Noosh

Email: surrey.branch@nas.org.uk
Website: https://NASSurreyBranch.org
Facebook: @NASSurreyBranch
Donations: https://bit.ly/JustgivingNASSurreyBranch

NAS Surrey Branch Contacts

General Information
Email: surrey.branch@nas.org.uk

Chair:
Noosh Miri

Deputy Chairs:
Christine Malik
Christine.malik@nas-volunteers.org.uk
Sara Truman
sara.truman@nas-volunteers.org.uk
Emma Whitfield
emma.whitfield@nas-volunteers.org.uk

Treasurer:
Haywood Drake
Treasurer.NASSurreyBranch@nas.org.uk

Branch Secretary:
Amy Robinson

Events:
VACANCY - Please get in touch if you can help.

Other Committee Activities:
Stella Smith

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:
Nicole Perez-Hunter
Nicole.Perez-Hunter@nas-volunteers.org.uk

With around 4,500 members, we urgently need more volunteers to help us run the Branch

Please email us at surrey.branch@nas.org.uk if you can help regularly, or even just from time to time.

Other Useful Contacts

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

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

Autism Friendly Surrey:
https://autismfriendlysurrey.org.uk/

Education Support
SEND Advice Surrey: 01737 737300
www.sendadvicesurrey.org.uk
SOS!SEN *charity for support with EHCPs etc*
Tel: 020 8538 3731 www.sossen.org.uk

Family Support & Representation
NAS Family Support Service
Email**:** surrey.familysupport@nas.org.uk
Mindworks *Surrey Children & Young People's Emotional Wellbeing and Mental Health Service:* www.mindworks-surrey.org
Portage *support for children with SEND under 3.5 years* https://bit.ly/3zLW635
Family Voice Surrey *parent representation:* https://familyvoicesurrey.org/
Action for Carers: 0303 040 1234
https://www.actionforcarers.org.uk/

Parent Programmes
NAS parent/carer courses for all ages
Email: Surrey.FamilySupport@nas.org.uk

Activities for children and young people
NAS Resource Centre, Godalming. Tel: 01483 521743 Surrey.FamilySupport@nas.org.uk
interAKtive *Epsom-based charity for children with autism/communications difficulties. Look for Interaktive Charity on Facebook.*

Adult Services
Surrey Adult Social Svcs. Tel: 0300 200 1005
NAS Surrey Service. Tel: 01483 861600
surrey.service@nas.org.uk

Employment Support
Employability Surrey service *for people with disabilities including autism. 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 DLA guide: https://bit.ly/4axWN2A

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

NAS SURREY BRANCH CALENDAR June - August 2026

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

If there isn't a group in your area, why not look at starting one yourself? For more information, email surrey.branch@nas.org.uk

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.

ONLINE SUPPORT GROUP FOR PARENTS/CARERS OF AUTISTIC CHILDREN IN SURREY
No future dates have been arranged because new organisers for the group are needed. If you are interested in helping to run this group, please email surrey.branch@nas.org.uk

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: Ashley Welton: ashley.welton@hotmail.com
Tuesday 16th June 10.00 am – 12.00 noon
Tuesday 14th July 10.00 am – 12.00 noon

Frensham
For venue contact Christine Malik: christinemalik@btinternet.com or Bonnie Noyce JBNoyce@yahoo.com
Monday 8th June 9.30 - 11.00 am
July – date to be confirmed

Guildford
For venue contact Sarah Roberts: sarah.roberts@nas-volunteers.org.uk
Tuesday 16th June 10.00 am – 12.00 noon
Tuesday 14th July 10.00 am - 12.00 noon

Reigate
NB NEW VENUE*
For details contact Nicole Perez-Hunter: Nicole.Perez-Hunter@nas-volunteers.org.uk
Friday 5th June 10.00 am – 12.00 noon
Friday 3rd July 10.00 am - 12.00 noon

Weybridge & Walton-on-Thames
For venue contact Emma Whitfield: emma.whitfield@nas-volunteers.org.uk
Thursday 11th June 10.00 am – 12.00 noon
Tuesday 21st July 10.00 am - 12.00 noon

Woking
For venues contact Paula Gerrard: paulagerrard@live.co.uk
Wednesday 10th June 10.00 am – 12.00 noon
Tuesday 7th July 8.00 - 9.30 pm

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 online meetings. Contact hosts for venues/links at following addresses:

Hilary Dyce hilary.dyce@nas-volunteers.org.uk
Sara Truman: sara.truman@nas-volunteers.org.uk
Thursday 4th June 10.30 am **Online** Contact Sara Truman
Tuesday 16th June 7.30 pm **Online** Contact Sara Truman
Thursday 2nd July 7.30 pm **Woking** Contact Hilary Dyce
Monday 13th July 10.00 am **Leatherhead** Contact Sara Truman
Tuesday 4th August 2.30 pm **Online** Contact Hilary Dyce
Wednesday 19th August 7.30 pm **Online** Contact Sara Truman

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
Thursday 18th June 10.00 am – 12.00 noon **Guildford**
Tuesday 7th July 10.00 am - 12.00 noon **Woking**

Spouses and Partners of Autistic People Group, Guildford

This group is not meeting currently. For more information email surrey.branch@nas.org.uk

Parents of children and young people with Pathological Demand Avoidance

This group meets over Teams. To receive the link contact Nicole Perez-Hunter: Nicole.Perez-Hunter@nas-volunteers.org.uk
Thursday 25th June 8.00 pm
Thursday 30th July 8.00 pm

Don't forget our **email support group** – the NASSB online forum. To join go to: https://nassurreybranch.org/moderated-email-forum/

NAS Surrey Branch AGM Report and Slides

Around 40 people attended our AGM in Guildford in May, when we voted in our new Chair, Noosh Miri. You can read her introduction on the front page. Haywood Drake was re-elected as Branch Treasurer, a role he has now held for around 18 years and Amy Robinson has joined the committee as Branch Secretary.

Past Chair Sara Truman thanked the outgoing Co-chairs Christine Malik and Jason Malschuk for their service over the past two years during a time of huge change and particularly for their input to the Surrey Autism Strategy and subsequent implementation phase. You can download the annual report, financial report and minutes from the 2025 AGM from our website: https://nassurreybranch.org/resources

The majority of the evening was dedicated to an excellent talk by Mike, Jo and Gill who ran through the activities being created or supported as part of the **Autism Friendly Surrey** Project. They are mapping activities for autistic children and adults and their families – you can download lists and booklets of activities including children's play sessions and youth groups, outdoor activities, activities for adults, supermarket quiet hours and many more from https://autismfriendlysurrey.org.uk/
Slides from their talk are available from our website: https://nassurreybranch.org/resources/

Family Voice Surrey Monthly Participation Drop-in Sessions

Family Voice Surrey (FVS) is now hosting monthly online Participation Drop-In Sessions for Surrey Parent Carer members. The informal sessions are a chance to:

- Hear about current FVS projects
- Share your experiences
- Ask questions
- Help shape future priorities

There's no need to book, simply join between 10.30am and 12.30pm using the links below and stay for as little or as long as you like. The first three session dates are:
• 3rd June - https://events.teams.microsoft.com/event/8d92553c-eb3c-4e6f-b55a-eecd564c75b1@47850cc7-0029-456e-a39f-868909baf60b

• 8th July - https://events.teams.microsoft.com/event/5224a86b-5e5d-4009-9fa3-714c1c48ae27@47850cc7-0029-456e-a39f-868909baf60b

• 16th September - https://events.teams.microsoft.com/event/1e193842-6742-419e-9999-8fe0ada72e88@47850cc7-0029-456e-a39f-868909baf60b

Autism Friendly Surrey Meeting and Updates

The next meeting of the Autism Friendly Surrey project for West Surrey is online on Tuesday 16th June from 10am to 12noon. Meetings are open to anyone with an interest in services and activities for autistic people in Surrey and are where the Autism Friendly Surrey team share information about inclusive activities, groups and meet-ups as well as future plans. You can register to receive the information shared at the meetings without attending if you wish:
https://autismfriendlysurrey.org.uk/autism-friendly-meetings

The Green Hub Project for Teens

The Green Hub is not autism-specific but offers support to young people aged 10 - 18 who are struggling with stress, anxiety and overwhelm. The 12 week Green Teens garden programmes provide time out in nature working on garden projects – everything from digging and weeding to sowing seeds, planting and garden maintenance – as well as nature-based arts and crafts.

Programmes are offered on Saturdays in Milford, and midweek in Hydestile and Farncombe. They also offer support for parents of stressed teens, via their monthly Parent Hub, which meets in Milford. https://greenhub.org.uk

Surrey Hills & Rivers Community Stay and Play 6th and 7th June

Surrey Hills and Rivers is offering a Stay and Play session at Imbhams Farm, Haslemere on Saturday 6th June, with the option of a free farm visit on 7th June from 2.00 – 6.00pm. The cost is £20 per person attending on Saturday including activities and a hot meal (pizza or barbecue cooking outdoors, weather permitting).

If you are attending in the afternoon, you can also express interest in camping overnight in the bell tents for £100 per tent. Please email surreyhillsandrivers@gmail.com for more information or if you would like to attend.

Free Service to Help Carers Maximise Income

Citizens Advice and Surrey Welfare Rights Unit have launched a new, free and confidential support service in Surrey which helps Carers to maximise their income and advises on benefits, debts, energy advice and social care funding. For more information visit www.randscab.org.uk/get-advice/advice-for-carers/

Additional Needs and Disabilities Showcase in Woking

The next Showcase for service providers for families that include a child with additional needs is on Tuesday 16th June from 9.30am to 2.30pm at Eastwood Leisure Centre, Albert Drive, Sheerwater, Woking, GU21 5RF. Volunteers from NAS Surrey Branch will be there. There is no need to book - to find out more go to: https://www.surreycc.gov.uk/community/news/categories/families-and-young-people/additional-needs-service-showcase

Free Pre-recorded Workshops for Parents of Autistic Children

Navigating the Maze is a set of pre-recorded workshops for parents of children who are (or may be) autistic or have ADHD. The six workshops help to support parents in understanding neurodevelopmental needs and how to respond to them. Each workshop explores a different topic such as:

- Different presentations of neurodivergence
- The developing brain
- Independence skills and strategies
- The importance of play

The workshops are available to watch on the Mindworks website and you can access and revisit them at any time. To find out more, visit: https://bit.ly/4a3FXKQ

Express CIC Workshops

The not-for-profit group Express CIC is running two useful workshops this summer:

Occupational Therapy - 12th June. This workshop will focus on supporting independence skills. A member of Achieving for Children's OT team will give a talk on what OT is and how you can support your child at home. For details or to book go to: https://bit.ly/4wYxnH7

SEND Transitions - 19th June. This workshop focuses on what happens at 16+ and offers an overview of the transition process for social services, health, education and work. With Sue Robson from RUILS: Bright Futures. For details or to book go to: https://bit.ly/4e3ThAm

Sensory Bag to Help Patients at Royal Surrey County Hospital

The Emergency Dept (formerly Accident & Emergency) at the Royal Surrey County Hospital in Guildford now has sensory activity bags for patients with learning disabilities or autism. The aim is to give patients items which might help to calm them and ease anxiety while they wait to be seen. The bags include things such as ear defenders, activity books and communication aids.

For more information see: https://www.royalsurrey.nhs.uk/news/sensory-bags-offer-comfort-for-ed-patients-15876/

The Autism & ADHD Show in London in June

The Autism & ADHD Show is at the Business Design Centre in Islington, London from 19th – 20th June and claims to provide the largest gathering of the autism and ADHD community in the UK. It offers information, advice and learning to help you support an autistic person in a home or school setting.

The programme of theatre sessions, workshops, advice hubs, one to one clinics, and exhibiting suppliers has been designed to enable you to pick and choose the content which is most relevant to you, whether you're a parent, family carer, professional or neurodivergent adult. https://autismadhdshow.co.uk/london/

Update on Surrey CC's proposals for Play and Leisure Short Breaks

Following the Play and Leisure Short Breaks consultation process, which ran from 8 December 2025 to 4 March 2026, Surrey County Council has agreed not to pursue proposals to change the service for the next year, thanks in large part to input from Family Voice Surrey.

A statement from Hayley Maspero, Assistant Director of Transformation for Children's Social Care, Children, Families and Lifelong Learning at Surrey CC, said:

I wanted to confirm in writing that Surrey County Council Cabinet Members have decided that they will not pursue proposals for changes to the Play and Leisure Short Breaks programme, which were planned to go to SCC Cabinet for decision on 26 May 2026. The Short Breaks programme provides educational and leisure activities for children and young people with additional needs and disabilities (AND) while giving parent carers a break from caring.

This decision has been made after very careful consideration of what is best and fairest for the Short Breaks programme, for the families who access it, and for the new authorities who will take over from SCC in April 2027.

With this in mind, the new East and West Surrey authorities will decide whether any proposed future changes to the Short Breaks programme will be considered, once they are established and setting their budgets."

Drop-in Event at Surrey CC for Carers' Week

To mark Carers' Week, Surrey County Council is holding a drop-in event on Thursday 11th June at the ground floor meeting space in the SCC offices at Victoria Gate, Chobham Road, Woking GU21 6JD.

Unpaid carers such as parents and other relatives of autistic people are invited to drop in any time between 11.00 am to 2.00 pm for coffee/tea and cake, and to have informal conversations about their needs as unpaid carers.

You can bring the person you care for with you if you wish. There are no presentations, just open, supported conversations shaped by carers' lived experiences. You can stay for as little or as long as works for you.

If you would like to attend, please email surreycarerssupport@surreycc.gov.uk

Relaxed Performances from ATG Theatres

Relaxed performances are designed to be more welcoming and accessible for those who require a calmer, more flexible environment in order to attend.

Loud noises or sudden effects may be reduced or removed, while the overall content remains the same. Adjustments are also made to the theatre environment, such as keeping house lights on low and allowing free movement in and out of the auditorium for those who need it.

Upcoming relaxed performances in London include Disney's The Lion King at the Lyceum Theatre on Sunday 28th June at 1.30pm; Operation Mincemeat at the Fortune Theatre on Monday 8th June at 6.30pm and Paddington The Musical at the Savoy Theatre on Friday 5th June at 6pm & Friday 11 September, 6pm.

You can search for relaxed performances here: https://help.atgtickets.com/hc/en-gb/articles/4888434732178-Upcoming-Relaxed-Performances

Esher Charity Fun Day

On Saturday 22nd August a charity Fun Day is being held at Claremont Fan Court School, Senior School car park, Portsmouth Road, Esher KT10 9HZ in aid of NAS Surrey Branch and two other charities. The event runs from 12.00noon to 6.00pm and includes a classic car show, fairground rides, a bird of prey show, a circus workshop, music from an Abba tribute act and food and drink stalls. The event is for all families and is not aimed specifically at those with children with additional needs. We will have an information stand at the event.

Tickets are £7 for adults and £5 for children over 5. Under 5s are free and a family ticket for 2 adults and 2 children is £20. There is limited on-site parking at £5 per car, but you can also reach the venue via bus routes 714 or 715 from Kingston or 458 from Walton-on-Thames. For more information and tickets go to: https://bit.ly/4nWNAZf

Inclusive Theatre Workshops in Oxted

Head2Head Sensory Theatre is running its inclusive theatre workshops in Oxted again this summer, offering teens and adults of all abilities the chance to build confidence, creativity and connection through the arts.

People with and without additional needs can take part in a supportive, pressure-free environment, combining drama, movement, music and storytelling to encourage self-expression, communication and social interaction - with no prior experience needed.

Forthcoming dates are:

Monday 27 – Friday 31 July - Musical Theatre (5 days)
Monday 24 – Wednesday 26 August Performing Arts (3 days)
Thursday 27 – Friday 28 August Collaborative Storytelling (2 days)

All sessions run from 10am to 3pm and are led by experienced facilitators at the charity's fully accessible venue. For more information or to book, go to: https://h2hsensorytheatre.com/shows-and-workshops-for-send/tickets/

'Moving Into Adulthood' Advice for Surrey Families

Surrey Welfare Rights Unit has re-launched its 'Moving into Adulthood' project, offering benefits advice to parents and unpaid carers of young people with SEND. The service offers parents and unpaid carers free and confidential advice on:

- Benefit entitlement for parents and unpaid carers
- Universal Credit
- Changes to household circumstances that affect existing benefit awards
- Identifying and advising on benefit entitlement for young people
- Young peoples' benefit entitlement during transition, such as education, training, employment or not working
- 1-2-1 benefit sessions, for parents and unpaid carers, with a benefits adviser

You can self-refer to the Project: https://www.swru.org/moving-into-adulthood/

They also offer talks at schools and other organisations

Results from NAS Survey on Government SEND Changes

After the Government published proposals for reforming the education system, the NAS national charity asked members and followers why it's so important that the Government gets SEND right. Over 1,000 people shared their views on the proposed SEND reform. Key findings were concerns about children's safety and wellbeing and a lack of confidence and trust in the Government's plans. The survey found that not a single education professional who responded feels completely confident that these reforms will make it easier for school staff to provide support to children with SEND at school.

You can read the full survey report here: https://bit.ly/4viO8uZ

INFORMATION FOR ADULTS, YOUNG PEOPLE AND THEIR FAMILIES

Making travel more accessible for autistic people

The National Autistic Society guide, **Empowering Autistic Travel**, shares new research on the barriers autistic people face when using transport. Drawing on lived experience and expert insight, it highlights key challenges and practical, evidence-based recommendations to help transport workers create more accessible, inclusive journeys. It also includes a travel guide for autistic people, families and supporters. Find out more here: https://www.autism.org.uk/what-we-do/who-we-are/research/empowering-autistic-travel

Help for Neurodiverse Parents with Pre/Post Natal Depression

PANDAS, the charity that supports parents with pre- or post-natal depression has a new set of free resources for neurodivergent parents and carers and professionals working with them, created in collaboration with Neurodivergent Birth CIC.

The resources are designed to help parents better understand how to access and advocate for support, including knowing your rights and what "reasonable adjustments" are and how they can help. You can download the guide here: https://bit.ly/4fSFsqI

Activities From Autism Friendly Surrey

The Autism Friendly Surrey project is hosting a number of meet-ups for autistic adults over the summer including:

Autistic Parents Network Online Support Group – for parents of any gender who are autistic themselves. The group offers an opportunity to meet other autistic parents online in a safe supportive group to discuss issues related to parenting as an autistic person. Email Gill@autismbyexperience.co.uk for more details

Silent Strikes bowling and mini-golf at Guildford Spectrum - Monday 8th June, 5pm to 7pm. This regular meet-up takes place once a month, early evening (5pm to 7pm) in the bowling hall at Guildford Spectrum. It is aimed at adults and children. The Autism Friendly Surrey team will be there to welcome people, help people get to know each other and help organise people keen to bowl into groups.

Coffee and Cake relaxed meet-up Sunday 7th June, 2.30pm to 4.30pm. This is now a monthly meet-up at Art & Grind Arts Cafe on Guildford High Street. It's a quiet, relaxed meeting for people looking for a supportive, safe space to meet others for colouring, craft, chat – and of course, coffee and cake!

Email afc@autismbyexperience.co.uk for more information or if you have any questions. You can sign up to their mailing list at https://autismfriendlysurrey.org.uk/

Gamers' Lounge Events in Guildford and Woking

Gamers Lounge is for both children and adults and offers an opportunity to play retro video games from the 80s 90s and 2000s on the original consoles. The sessions take place regularly at The Boileroom in Guildford, with the next one on Sunday 14th June at 12noon and 2.00pm. Book via the Boileroom website: https://www.theboileroom.net/event-listings/gamersloungemay-mez24

There are also two, one-off sessions at Woking Library on Saturday 27th June - at 12.00noon and 2.00pm. Reserve places via Eventbrite: https://bit.ly/4dQkpE5

Picnic in the Park for Learning Disability Week

In 2026, Learning Disability Week is from Monday 15 June to Sunday 21 June. The theme this year is 'Do you see me?' It is about making sure that people with a learning disability are seen, heard, included and valued in all aspects of life.

You can find out more about Learning Disability Week from Mencap, including easy read information: https://www.mencap.org.uk/learningdisabilityweek

Here in Surrey, there will be a **Picnic in the Park** for Learning Disability Week hosted by the West Surrey Learning Disability team. You can bring your own picnic lunch and a blanket or chair to sit on.

There will be games to play, sports and sensory and wellbeing activities. You're welcome to bring a friend or carer.

It is on Wednesday 17th June from 12.00 to 2.00pm in Ottershaw Memorial Fields, Foxhills Road, Ottershaw, near Chertsey, KT16 0NQ. For more information phone 01932 587080 or email Nurses-CTPLDWest@sabp.nhs.uk

Bloomin Arts Summer Creative Arts Courses

Bloomin Arts https://bloominarts.org.uk/ in Lingfield enables disabled adults to achieve and showcase their talents in theatre or dance, as well as art projects including paint, print, digital, film and animation.

They are hosting a number of events and courses over the summer including a 'Panto Party' on the evening of Friday 10 July at Lingfield College: https://www.tickettailor.com/events/bloominarts/2176861

They also have new workshops from 20th – 31st July with themes ranging from Mary Poppins to Murder Mystery and Spice Girls! For details go to https://www.tickettailor.com/events/bloominarts/2222981

'Managing my Safety and Security' Event in Redhill

The Pro-Active community are organising a free event all about safety and security which offers accessible information and skills for adults with a learning disability, autistic people, their families and carers.

It is on Friday 19th June from 10.00am to 3.30pm at East Surrey College, London Road, Redhill, RH1 2JX

Booking is essential here: https://bit.ly/4ajDVpY you will get an email to confirm your place.

Save the date for LinkAble Inclusive Games 2026!

LinkAble's Inclusive Games are back for a third year on 25th August 2026 and they are promising that this accessible and fun-filled sporting event will be bigger than ever. More details on this year's sports and activities are coming soon, but in the meantime, you can read about last year's event: https://www.linkable.org.uk/articles/inclusive-games-2025

App to Help Autistic People Understand and Self-manage Anxiety

The charity Autistica have worked with King's College to develop, test and release Molehill Mountain, an app designed to help autistic people self-manage their anxiety. You can find out more and get links to the app in Apple Store or Google Play here: https://www.autistica.org.uk/molehill-mountain

Webinars from Learning Disability England

Learning Disability England (LDE) is a small charity which was set up 10 years ago, bringing people with learning disabilities, their families and support organisations together as equals. They aim to ensure that the voices of people with learning disabilities are heard and services for them are improved.

LDE runs a range of projects and holds online webinars on various topics. Some webinars are free for anyone to attend, and others are just for LDE members. Membership is £12 per year.

For more details go to: https://www.learningdisabilityengland.org.uk/
You can see recordings of some previous webinars on their YouTube page here: https://www.youtube.com/@learningdisabilityengland5088

Weekly Sports Development Sessions in Elmbridge

AllSports is a weekly 2-hour session of skills development, social connection and fun for young adults with autism and/or learning disabilities in the Elmbridge area.

Designed for young adults aged 16 upwards, it is billed as a friendly, energetic and engaging sports session, run by George, Christopher and a team of volunteers.

The session is focused on providing a safe, nurturing and inclusive environment and covers badminton to basketball and skittles to stretching! The organisers say they aim to bring out the best in everyone and to provide an opportunity for people to connect socially on a weekly basis, whilst keeping fit and boosting mental wellbeing.

Find out more on their website - https://www.eclwalton.org.uk/allsports

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 and carers of autistic children and adults, and the partners of people with autism. We have over 4,000 members in and around Surrey.

It's FREE to join but a small donation via our JustGiving page is appreciated as we receive no external funding: https://bit.ly/JustgivingNASSurreyBranch

If you're a member of NAS at national level, you can nominate us to receive part of your NAS subscription by emailing supportercare@nas.org.uk

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

***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 50+ local autism societies.*

National Autistic Society, 2nd Floor, Weston House, 42 Curtain Road, London EC2A 3NH www.autism.org.uk. Registered charity, number 269425. Company limited by guarantee, number 1205298.

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