Issue 156 October - November 2026

National Autistic Society | Surrey Branch

Welcome to the October - November issue of Surrey News

This issue includes…

Our calendar of in-person meetings for parents of autistic children, plus groups for parents/carers of autistic adults, girls and those with PDA - p3.

- Space Science Talk by astrophysicist Prof Alan Smith – p5
- Children's Christmas Party, Redhill – p5
- Online talk on parenting neurodiverse children by Dr Ellie Atkins – p6
- Free EarlyBird and Teen Life courses from NAS Family Support – p6
- SEND play sessions in Bookham, Farnham, Woking, Camberley, Warlingham and Dorking – p 7 & 8
- Activities for children with SEND at Surrey Libraries – p7
- Free seminar on PDA and sleep – p7
- New EBSNA group in Hale – p8
- Additional needs Showcases in Caterham and Guildford – p8
- Can you contribute to Surrey Autism Strategy? – p9
- Family Voice Surrey EBSNA Survey – p9
- Carers' Rights events in Woking and Guildford – p10

Information for Adults, Young People and their families:

- Neurodiverse online social group – p10
- Autism Friendly Surrey meet-ups – p11
- Paid Art workshop in Farnham – p11
- Free neurodiverse-friendly digital workshops – p12
- Appeer 'Explore' workshops for young women and girls aged 16 – 25 – p12

Please note, several of the items in the front of the newsletter are relevant to children and adults.

We have an exciting programme of events and activities coming up this autumn and (sorry to mention it this early!) our **children's Christmas party** is now open for booking (see p5). As a resident of East Surrey myself, I am particularly delighted that we have been able to book this year's party at a new venue in Redhill.

As a member of the Surrey Branch, you should have received an email recently about our **free half-term family screening of *'Shaun the Sheep: The Beast of Mossy Bottom'*** (PG) in Aldershot on 28th October. This event is in conjunction with the NAS Family Support Service. If you haven't received details and would like to attend, please email Amy.Dunkley@nas.org.uk by 5.00pm on Wednesday 21st October with the following information:

- Family name
- No. of children tickets required
- Number of adult tickets required
- Any allergies

If you have booked a place, please let Amy know if you can no longer attend so that we can offer your space to another family.

We also have two exciting talks coming up: Prof Alan Smith will talk about space science and the search for life beyond earth in East Horsley on 11th October (see p5) and Dr Ellie Atkins will give an online talk about Parenting Neurodivergent Children (p6). Do sign up to come along.

Noosh Miri
Chair, Surrey Branch

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
noosh.miri@nas-volunteers.org.uk

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:
Jason Malschuk
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 August – October 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 can help 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 13th October 10.00 am – 12.00 noon
Tuesday 10 November 10.00 am -12.00 noon
Tuesday 8 December 11.00 am - 2.00 pm (NB note different time)

Frensham
For venue contact Christine Malik: christine.malik@nas-volunteers.org.uk or *Bonnie Noyce JBNoyce@yahoo.com*
Monday 12th October 9.30 - 11.00 am
Monday 9th November 9.30 - 11.00 am
Monday 7th December 9.30 - 11.00 am

Guildford
For venue contact Sarah Roberts: sarah.roberts@nas-volunteers.org.uk
Tuesday 13th October 10.00 am - 12.00 noon
Friday 13th November 10.00 am - 12.00 noon
Monday 7th December 10.00 am - 12.00 noon

Reigate
For venue contact Nicole Perez-Hunter: Nicole.Perez-Hunter@nas-volunteers.org.uk
Friday 2nd October 10.00 am - 12.00 noon
Friday 6th November 10.00 am - 12.00 noon
Friday 4th December 10.00 am - 12.00 noon

Weybridge & Walton-on-Thames
For venue contact Emma Whitfield: emma.whitfield@nas-volunteers.org.uk
Thursday 8th October 10.00 am - 12.00 noon
Tuesday 10th November 10.00 am - 12.00 noon

Woking
For venue contact Paula Gerrard: paulagerrard@live.co.uk
Tuesday 6th October 8.00 pm

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
Friday 2nd October 2.30 pm **Online** Contact Hilary Dyce
Thursday 15th October 7.30 pm **Online** Contact Sara Truman
Thursday 5th November 10.00 am **Woking** Contact Hilary Dyce
Monday 16th November 10.00 am **Leatherhead** Contact Sara Truman
Tuesday 1st December 2.30 pm **Online** Contact Hilary Dyce
Wednesday 16th December 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
Tuesday 6th October 10.00 am - 12.00 noon **Woking**
Thursday 12th November 10.00 am - 12.00 noon **Guildford**
Tuesday 8th December 10.00 am - 12.00 noon **Woking**

Spouses and Partners Group, Guildford
Meetings for the partners of autistic people (no diagnosis necessary).
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 29th October 8.00 pm - 9.00 pm
Thursday 26th November 8.00 pm - 9.00 pm

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

Volunteers Needed!

You'll have seen from our calendar that we are in desperate need of volunteers to help run our monthly **Parents of Children online group** and our **Spouses and Partners group**.

If you have experience as a parent of an autistic child, or have an autistic partner (with or without a diagnosis), your experience could be invaluable to others.

Neither of these roles are very onerous, and you'll have plenty of support from our experienced committee of volunteers.

If you can help in any way, please email surrey.branch@nas.org.uk with your phone number and we'll arrange to have a chat to see if volunteering could be right for you.

Space Science Talk in Aid of NAS Surrey Branch

As a fundraiser for the National Autistic Society Surrey Branch, **astrophysicist Professor Alan Smith** is giving a talk about the exciting world of space science. This is taking place at the end of World Space Week - the annual UN-declared celebration to promote space science, technology and education.

Time: 3.00 – 5.00pm. Doors open at 2.40pm
Date: Sunday 11th October
Location: East Horsley Village Hall, Kingston Avenue, East Horsley, Leatherhead, KT24 6QT

The talk is suitable for adults and young people aged 12 and over – under 18s must be accompanied by a parent or carer.

Alan has over 40 years' experience in space research and was a director of the Mullard Space Science Laboratory in Surrey. He is currently engaged in the European Space Agency mission, PLATO, that will be launched next year to search for earth-like planets orbiting sun-like stars. He is also involved in defining an instrument for the successor to the NASA James Webb Telescope at the Habitable Worlds Observatory, which will represent a major step forward in our search for life.

Alan's talk will explore the possibilities of life beyond the earth and the activities either underway or planned that might lead to its discovery. After the talk, Alan will lead a follow up session to talk about opportunities to work in the space sector.

The subject matter will be different from his talk in 2024.

Tickets are free, but as the event is a fundraiser, donations are encouraged. The suggested minimum donation is £5 per person, but larger donations would be greatly appreciated. Booking is essential via Eventbrite: https://bit.ly/4ynAJDN

Children's Christmas Party in Redhill

Our Christmas party for autistic children and their siblings aged 10 and under will this year be at **Doynings Leisure Centre in Redhill**. The venue has changed, but the format of the party will be similar to past years, with dedicated use of the soft play, followed by tea and a visit from Santa Claus.

Time: 1.00 – 3.00pm
Date: Saturday 12th December
Place: Doynings Leisure Centre, Linkfield Lane, Redhill RH1 1DP

Please bring a *small* gift for your child / children (wrapped and clearly labelled) for Santa to give them. We suggest that gifts should be less than £10 in value and need to fit easily into Santa's sack! If your child doesn't want to see Santa, you can take them out of the room before he arrives.

The suggested donation is still £5 per child. Older siblings can join their younger siblings for the meal for a suggested donation of £4 per head at 2.00pm.

Places are limited and BOOKING IS ESSENTIAL via Eventbrite: https://bit.ly/4zayzYn

Online Talk on Parenting Neurodivergent Children

NAS Surrey Branch is hosting an online talk by Clinical Psychologist Dr Ellie Atkins about coping with the challenges and opportunities of parenting a child with autism or other neurodivergent conditions. It is on the evening of Tuesday 24th November at 8.00 pm.

Dr Atkins works in the NHS and privately and is the mother of two neurodivergent children (one autistic, one with dyslexia and dyspraxia). She is the author of the book *Coping with Parenting When Your Child is Neurodivergent*. Her talk will focus on the feelings of parents as well as their children, drawing on her own professional and personal experience to acknowledge the challenges of parenting an ND child and suggest practical strategies to help both parents and children.

Topics she will cover include:

- Understanding neurodiversity and dysregulation
- Exploring your feelings about parenting
- Supporting your child with school and education
- The teenage years and mental health

There is no charge to attend, but donations will be very much appreciated. Places must be booked in advance on Eventbrite: https://www.eventbrite.co.uk/e/parenting-neurodivergent-children-tickets-2001073242937?aff=oddtdtcreator

Parent Programmes from NAS Family Support

The NAS Family Support Service (the professional arm of the NAS in Surrey, separate from the Branch) has released dates of its next series of FREE EarlyBird Plus and Teen Life programmes, plus a series of one-off workshops for parents and carers.

- **EarlyBird Plus** is for parent/carers of 6 - 10 year-olds
- **Teen Life** is for parent/carers of 10 - 18 year-olds

These are delivered either virtually online, or in person and run for 6 weeks, on the same day of week. Dates for forthcoming programmes are:

- **NAS EarlyBird Plus** – Online, 3rd November to 8th December from 10.00am - 12.30pm
- **NAS Teen Life** – Face to face at Woking Family Centre. Weds 4th November - Weds 9th December from 9.30am – 12.00pm
- **NAS EarlyBird Plus** – Online, 5th Nov – 10th December from 6.00 – 8.30pm.

They are also running one-off workshops ONLINE on the following dates:

- **EBSNA (Emotionally Based School Non-Attendance)** – Monday 5th October from 6.30 – 8.30pm
- **Autism and Anxiety** – Thursday 8th October from 6.00 – 8.00pm
- **ASD and Puberty** – Tuesday 27th October from 6.00 – 8.00pm

To register your interest, please email surrey.familysupport@nas.org.uk or download a self-referral form our website: https://nassurreybranch.org/nas-clubs-for-children/

Coffee and Play Session in Bookham

Mary Frances Trust is hosting Stay and Play sessions for parents of children with additional needs and their children on the second and fourth Thursday of each month from 10.30am – 12.pm at Bookham Baptist Church. To book, email info@maryfrancestrust.org.uk

Playgroup for Under 5s with SEND in Farnham

Little Bridges is a playgroup for children up to five with SEND hosted by staff from The Ridgeway special school. It runs every Friday in termtime from 10.00 – 11.30am. The group offers early social experiences and opportunities to learn through play for children and emotional support and practical advice for parents. To reserve a space, call 01252 724562 or email playgroup@ridgeway.surrey.sch.uk

Activities for Children with SEND at Surrey Libraries

Horley Library is hosting a Sensory Rhymetime session for children with autism and other Additional Needs up to 6 years old on Thursday 17th October at 10.30am. The sessions have low lighting, sensory toys and a 'quiet' room available. Maximum 6 children can attend plus their parent/carer. To book, go to https://bit.ly/4z22e5Z

Merstham Library hosts a stay and play for children with additional needs and disabilities aged up to 11. The sessions are every Saturday, from 2.00pm to 3.00pm with books, games and toys to play with or borrow. No need to book, just drop in.

Play & Learn in Woking and Camberley

Home-Start and Barnardo's are running sensory play and learn sessions for children up to five years old with SEND and their siblings during termtime.
Woking – Tuesdays from 9.45 – 11.15am. For more details call Woking Family Centre on 01483 310419.
Camberley –Wednesdays from 10.00 – 11.30am. For details call Surrey Heath Family Centre on 01276 462897.

Sensory and Messy Play in Warlingham

There is a sensory and messy play session for children up to five with SEND every second and last Friday of the month at Whyteleafe Park Pavillion. It is £10 per session on a pay as you go basis. For details, call Clare on 07985 212620.

Free Webinar on PDA & Sleep

Family Voice Surrey is hosting a free online webinar on sleep issues in children with PDA delivered by sleep specialist and founder of Peak Sleep, Nickie Sutton.

This webinar will explore:

- The processes that drive sleep
- How PDA can affect sleep
- Why traditional approaches may not work for children with PDA
- Practical strategies to try
- And importantly… no taking away of screens!

The webinar is on Tuesday 6th October at 7.00pm online via Zoom
Booking is essential via Eventbrite: https://www.eventbrite.co.uk/e/2001878765276

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

SEND Stay and Play in Dorking

YMCA is hosting Stay and Play sessions for children aged 2 – 5 and their siblings at SEND at Mole Valley Family Centre in Dorking. The sessions are on Wednesdays from 10.00 – 11.30am during termtime. For details go to https://www.ymcaeastsurrey.org.uk/services/cyp/youth-family/family-centres/mole-valley-family-centre/timetable/ or call 01306 740095.

New EBSNA Group for Primary School Age Children

Waverley Family Centre, in conjunction with Barnardo's, is running a group for primary school age children who are on roll, but not attending school due to Emotionally-Based School Non-attendance.

The sessions run every Wednesday morning, at Waverley Family Centre in Hale from 10.30 – 11.30. You can stay on site with your child if you wish. For details contact lisa.audain@barnardos.org.uk

Brick Club in Addlestone

A group has been launched in Addlestone for home-educated children, or those waiting for a placement. Called Brick Club, it is a fun, informal LEGO-based club where children can build, create, play and work together, while developing confidence and skills such as communication, teamwork, turn-taking, listening and problem-solving, without the pressure of being in a traditional classroom. For details or to book a space go to: https://bookwhen.com/mindfullearningbrickinterventions

Additional Needs Showcases in Caterham and Guildford

Surrey County Council is hosting two Additional Needs Showcases over the coming weeks. There is no need to book – just turn up.

Caterham - Tuesday 3rd November from 9:30am to 2:30pm at Oakhall Church Hall, 181 Chaldon Road, Caterham CR3 5PL. Parking is available onsite and nearby, and local bus services are available.

Guildford - Wednesday 18th November from 10.00am to 2.00pm at Guildford Baptist Church, Millmead, Guildford GU2 4BE. Paid parking is available outside the church at Millmead Car Park (GU2 4BE). Millbrook Car Park (GU1 3XJ) is a short walk away over the bridge near the Yvonne Arnaud Theatre.

SOS!SEN Walk-in Advice Sessions

The SEND education advice charity SOS!SEN is hosting walk-in Advice Centres for parents and carers navigating SEND during October, with sessions at locations in Surrey:

- Aldershot – Tues 13th Oct
- Worcester Park – Mon 12th Oct
- Thornton Heath – Tues 6th Oct
- Hampton – Tues 20th Oct

You can drop in and speak to the team – no appointment needed. For venues, go to www.sossen.org.uk

Can You Contribute to Surrey's Autism Strategy?

Surrey County Council's All Age Autism Strategy team are looking for autistic young people aged 16 - 24 to help them by taking part activities such as:

- Writing Blogs
- Filming Vlogs
- Doing Interviews
- Speaking at their events
- Creating Artwork
- Taking Photographs
- Making Animations
- Doing Voiceovers
- Participating in their Focus Groups
- Helping with their Workshops

The team are also looking for Parents and Carers of Autistic Young People who are willing to share what has worked well for their family regarding:

- accessibility and support
- experiences with social care and education
- interaction with the police and emergency services
- life at home
- experience pre and post diagnosis

Or join their Steering Group and help them to create resources that you'd like to see.

If you'd like to get involved, email: allageautismstrategy@surreycc.gov.uk

Course on Emotionally Based School Non-Attendance

Surrey Adult Learning with Epsom & Ewell Family Centre and Barnardos, is running a course to help parents explore the early signs of school-related difficulties and understand the common reasons for non-attendance. The course runs from 9.30 – 11.30am on Wednesday 18th & 25th November and 2nd December (3 sessions) at Ewell Family Centre.

To book, email epsomewellfamilycentre@barnardos.org.uk or call 01372 571178.

Family Voice Surrey EBSNA Survey

Family Voice Surrey has just launched a new survey to understand current experiences of children who are out of school due to Emotionally Based School Non-Attendance (EBSNA). This follows their original survey in 2021.

They want to hear from children, young people and families who are experiencing school-based anxiety and difficulties with attendance. The more experiences they hear, the stronger the evidence they can build.

It should take approximately 15–20 minutes to complete. You can take the survey here: https://www.surveymonkey.com/r/5NH7BZK

Consultation on New Inclusion Base in Send

Surrey County Council, in cooperation with the Governing Body of Send C of E Primary School, is proposing to establish a specialist inclusion base with 28 places for pupils with autism from Reception to Year 6.

You can read the statutory notice about the proposal and leave your feedback here: https://bit.ly/4zavGa0 The consultation closes on 5th October.

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

Carers Rights Events in Woking and Guildford

To mark Carers Rights Day in November, there are two drop-in events taking place when local carers organisations will be coming together to hold stalls and inform people about the support and advice they offer to carers. They are:
Woking: Thursday 19 November 2026, 11:30am to 1:30pm, at Central Square (outside Sainsbury's), Woking Town Centre.
Guildford: Saturday 21 November, 10:00am to 2:00pm at The Hive, Park Barn Drive, Guildford, GU2 8EN.

Christmas Family Fun at The H2H Barn Hub

The sensory theatre company Head2Head is hosting a family fun day at The Barn Hub in Crowhurst Lane End, Oxted on Saturday 21st November. There will be Christmas crafts for all the family, plus homemade cakes. For more details, go to https://bit.ly/4dj7WYO

Free SEND Advice in Surrey

A reminder that SEND Advice Surrey offers information, advice and support for children and young people aged 0-25 years with additional needs and/or disability, their parents/carers and professionals. Information, advice and support are provided by highly trained advisors.

They offer confidential, impartial information and advice on a wide range of issues including your rights as a parent or young person; what support you/your child can expect from an Early Years or education setting; education, Health and Care needs assessments and plans; mediations, appeals and tribunals, Surrey policies and processes and school exclusion. For further information, go to www.sendadvicesurrey.org.uk or email: sendadvice@surreycc.gov.uk

The Grange Autumn Fair

The Grange support centre in Bookham is holding an autumn fair on Tuesday 20th October from 10.00am – 12.00pm. There will be children's crafts, decorations and cakes. Entry is free. For details go to www.grangecentre.org.uk

Income Maximisation Advice for Carers

Citizens Advice and Surrey Welfare Rights Unit are offering free, confidential income maximisation sessions for carers on topics including welfare benefits, debt, energy advice, income maximisation options and social care funding.
To book a consultation, call 01932 827187, email carers@randscab.org.uk or go to www.randscab.org.uk/get-advice/advice-for-carers

INFORMATION FOR ADULTS AND THEIR FAMILIES

Neurodivergence Online Social Group

The Mary Francis Trust is running an online social group for neurodivergent adults who live independently and who want to meet peers to learn and share experiences with them. It runs weekly on Mondays from 7.00 – 8.30pm.

To join email info@maryfrancestrust.org.uk, call 01372 375400 or text 07929 024722.

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

Meet-ups for Autistic Adults from Autism Friendly Surrey

Autism-Friendly Surrey is continuing to host its in-person meet-ups around Surrey which include:

- **Neurodivergent Night Out at The Light in Redhill** - an activity group meeting on the first and third Monday evenings of each month from 7.00pm to 9.00pm
- **Crawley Leisure Park meet-up** - a casual meet-up at Hollywood Bowl in Crawley on the fourth Weds evening of each month from 6.30pm to 8.30pm.
- **Woodhatch Community Centre Neurodivergent Café** - a calm, relaxed meet-up with board games, adult colouring and discussions around being an autistic adult. The second Thursday of each month from 2.00pm to 4.00pm.
- **Guildford Gamers Lounge session** for families and adults - Sunday 11th October
- **Guildford Spectrum Silent Strikes bowling** for families and adults - Monday 12th October
- **Woking Library social meet-up for adults** - Saturday 17th October
- **Guildford - Coffee and Cake at Art & Grind art café** - Sunday 25th October.

All the details are on the Autism Friendly Surrey website:
https://autismfriendlysurrey.org.uk/our-groups-and-meet-ups

And on their Facebook group:
https://www.facebook.com/groups/1250879379790088/

In November, they are aiming to launch three new online discussion groups for autistic adults focused on sharing experiences and strategies for life that people find helpful. The groups will be for:

- People diagnosed in adult life
- People who are both autistic and have ADHD (AuDHD)
- Young adults - 18 to 35

Each month the groups will discuss relevant topics chosen by group members. No formal diagnosis is needed to join these meet-ups.

For more details go to https://autismfriendlysurrey.org.uk/autism-friendly-meetings and sign up to go on their email list.

Paid Art Workshop in Farnham

Disability Arts in Surrey (DAiSY) are exploring what barriers neurodivergent, disabled or deaf artists experience and what local disability arts networks can offer. There is a paid workshop for artists at Farnham Maltings on 12th October from 10.30am – 12.00pm. You will receive £40 for taking part. You don't need to be a professional artist but can't currently be part of the DAiSY-Chain artist network. To sign up, email Jasmine@daisy-arts.org.

Yoga and Qi Gong Classes for Teens and Young Adults in Walton

Lite Yoga run Yoga and Qi Gong classes for teens and young adults with additional needs at The Xcel Leisure Centre in Walton-on-Thames every Monday from 4.15pm - 5.25pm. To find out more, contact Oxana at liteyogacic@gmail.com or call/text 07592 960887.

Free Neurodiverse-Friendly Digital Workshops

The Vine Centre in Aldershot is running free Digital Skills Workshops on Mondays for 8 weeks starting on Monday 5th October 12.00 – 2.00pm. They cover programming, everyday tech help and game design and development and are for people aged 16 upwards. For details, email info@thevinecentre.org.uk or call 01252 400196.

'Explore' Programme for Autistic Women Aged 16 – 25

Explore from Appeer is a 12-week Alternative Provision Programme which takes place during the week in term time in Woking. There are 2-hour weekly group sessions where autistic young women aged 16-25 can connect with their peers, gain skills and experience whilst enjoying a range of activities. It is designed for people who can access the Group without 1:1 support and with a reasonable degree of independence and who can travel to Woking (with or without support). Your first session is free so you can see if it is right for you.

For more information, go to: https://appeer.org.uk/explore-programme

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 in person and online and 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.

The views expressed in Surrey News are not necessarily those of National Autistic Society, and reference to any specific services or approaches to autism does not imply endorsement. All material is copyright NAS Surrey Branch and cannot be reproduced without permission.

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