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Photo Permission Forms

Please ensure that you fill out a photograph permission form. These forms are available at all of our meetings/events. We adhere to the guidelines set out by the Data Protection Act 1998.

About us

We are a parent led voluntary group that meets regularly to exchange information, advice and support in a sociable atmosphere. We are committed to raising the profile of ASD in Alton and surrounding areas. We welcome anyone who has concerns and would like to know more about ASD. Diagnosis is not necessary.

Ceramic Plate Painting with Jayne Chapman Pottery



On the 3rd December, the girls got together at the Alton Community Centre, Art Room to paint pottery items. NAS Alton would like to say thank you to the Jayne Chapman Pottery Café, who saved the day, when our initial booking fell through.

We spent a lovely two hours painting and chatting, drinking tea/coffee and eating biscuits and mints. We must do this again! NAS Alton and Bordon will bring the girls together in the Easter Holidays, so if you have a suggestion for an event please email us at alton@nas.org.uk

Committee Details

Branch Officer: G.W [on leave]
 Assistant Branch Officer: Beverly
 Treasurer: BL
 Secretary: Gemma Thorn
 Educational Advisor: Amanda M
 Fundraiser: Sarah Powell
 Parent Liaison: Kris Mayer
 Teen Advisors: Karen Wright and Katie Hughes

Contact Us

Mobile: 07824 372 034
 Email: alton@nas.org.uk
 Facebook: www.facebook.com
 search NAS Alton and Bordon
 Website: www.nasalton.com



SEN Dance Class – all ages all abilities

Every **Thursday's Term Time**, NAS Alton hosts a dance class for children/young people with SEN. All ages and all abilities are welcome. The class is taught by Keely Catt from the Keely Catt School of Dance.

The class is held at the Alton Community Centre, Amery Hill, Alton (Bank Car Park).

Classes cost £3 per person or £5 for two people [siblings welcome]

Parents are solely responsible for their children at all of our activities

We feel that we need to include this section now to ensure that parents/carers understand that they have to supervise their children and young people at our branch activities and events and be responsible for them and their behaviour.

If this does not happen, the branch committee will have to take appropriate action.

The branch is run by parents who volunteer; we cannot and will not be responsible for unsupervised children.

Payment for branch activities

Due to some families booking places at our events and not turning up on the day, we have no option but to request that families pay in advance in order to secure their places at activities. We understand that there can be last minute meltdowns and illness, but if you book a space it still costs the branch money when you don't attend. In order to ensure that the branch is not losing money and we can afford to continue running events, we have to adopt a pre-payment approach (the exceptions will be dance class and game board zone). In the event that we are able to fill cancelled spaces, we will refund your money.

How to pay:

Cheques: made payable to NAS Alton and posted with a note stating what event this is for and the number of people attending. Cheques can be posted to NAS Alton, 6 Allen Close, Alton, GU34 2UG

Cash: at any of our coffee mornings/afternoons or through the door at the above address. You can also pay for any future events listed at any of the events held by NAS Alton. Please ensure that monies are placed in an envelope with details of the event, the number of people attending and an address so that we can send you a receipt.

Branch Membership

If you live in Alton, Bordon and the surrounding villages, then joining the branch is free, simple and gives you access to our newsletter, mailing list, Facebook group and the ability to attend our activities and events.

If you are outside the Alton, Bordon and surrounding villages you are welcome to sign up for our newsletter, but places at events are only offered out to all once all our members have booked their places with the exception of Dance Class and Board Game Sessions.

Photographs at our events

If you would like to take photos at any of our events/activities can you please let Beverly know - this is simply because we have some members who have requested that photographs of their family aren't posted on facebook/newsletters/websites etc. We understand that you would only be taking pictures of your own child/children, but if others appear in the background and you post them online this could be potentially problematic.

By being a branch member you agree to the rules. If you have a problem with any of the above, please get in contact.

Coffee Morning
Bushy Leaze
 9.30 to 11.30

Eastbrook Road, Alton
 GU34 2DR

6 January and 3 February



Fridays



Mill Chase Leisure
 Centre, GU35 OER
Friday 13 Jan 2012
 6pm to 7.30pm
 £2 per swimmer

THE PHOENIX
 Theatre & Arts Centre

We have an exclusive viewing of Beauty and the Beast on the 21st January 2012 at 2.30 pm.

The cost is £5 per person.

Parking is available on site. Please ensure that you email the branch in advance, as we cannot guarantee places if you turn up on the day.

Coffee Afternoon
 Chase Surestart Centre
 12.00 to 2pm

Budds Lane, Bordon
 GU35 OJB

16 January & 20 February



Mondays



NAS Alton will host another cinema screening at the Palace Cinema in Alton.

We will aim for the 14th/15th of February and will notify you via email/facebook with the film title and the date.

Board Game Session
 Kingsley Centre
 Main Road Kingsley
 GU35 9ND

Cost is £1
 siblings welcome
 10.45 to 1.15
 14th January 2012



Graffiti Art Workshop – Teens Only – Limited Number of Places
 Monday 13th February 2011 – Room 5, Alton Community Centre
 Time: 1.30 onwards [to be confirmed]
 Cost £8.50
 The workshop will last approximately 3 hours.



We will arrange a day in the half term holidays for you to go bowling
 Stay tuned



Krafty Kids Art Club
 15th February 2011
 10.30 to 12.30
 Kingsley Centre, Kingsley
 Cost £1.50 per child



Half Term Soft Play
 Alton Sports Centre
 9am to 10.30
 Exclusive Use
 £2 per child



Mill Chase Leisure
 Centre, GU35 OER
Friday 24 Feb 2012
 6pm to 7.30pm
 £2 per swimmer

Four Clubs football was formed in 2007 to provide football activities for all disabled people.

The club meets each Monday evening (term time) at the **Mill Chase Leisure Centre ATP from 7 to 8pm.**

For more information email:
secretary@fourclubs.co.uk

Website: www.fourclubs.co.uk



The Fun House in Basingstoke hosts a Special Needs Session on the second Saturday of each month. The session is from 4pm to 6pm and costs £3.50 per child. www.funhousebasingstoke.co.uk

Whitney Road, Daneshill
Industrial Estate, Basingstoke,
RG24 8NS



Playdays in Basingstoke hosts a Special Needs Session on the 3rd Friday of each month from 6pm to 8pm and is for under 12's only. The cost is £3 for under 4's and £3.50 for over 4's.

2 Steward Road,
Kingsland Industrial Estate
Basingstoke
RG24 8NF



The Gateway Card is free and will give you access to activities, play schemes and buddy schemes available through our short breaks programme.

<http://www3.hants.gov.uk/gatewaycard>



Parent Voice

Parent Voice is a Hampshire wide network of parents and carers of children and young people with additional needs aged 0-19. Parent Voice provides local information and advice through its weekly updates. The website lists all the events that are happening in Hampshire as well as whole host of other information. You will need to register to find out about local events.

<http://www.parentvoice.info/en/Home>

Page



Challengers youth schemes are for young people age 13 - 18 running at weekends, evenings and school holidays all through the year at Challengers youth centres and community venues. Challengers schemes are run by Disability Challengers, an Independent Childrens Charity. We rely on voluntary donations and partnerships with other organisations to deliver projects across Surrey to disabled children.

The Youth Scheme is now available in Basingstoke, for more information go to <http://www.disability-challengers.org/sites/all/files/Challengers%20Hampshire%20Youth%20Programme%20Spring%20Term%202012.pdf>

NAS Alton hopes that in the near future Disability Challengers extends their remit to the Alton and surrounding districts. Stay tuned.

Disability Challengers is an independent children's charity which provides over 25,000 play and leisure spaces to 1,200 disabled children and young people. Challengers run a range of projects including holiday play and youth schemes, After School Clubs, swimming lessons and adventure weekends. If you would like to know more about Disability Challengers then go to: <http://www.disability-challengers.org/> or telephone: 01483 579 390 alternatively email: information@disability-challengers.org



The Odeon in Basingstoke regularly hosts Autism Friendly Films. For more information go to: <http://m.odeon.co.uk/fanatic/home/>

Basingstoke Leisure Park
Churchill Way West
West Ham, Basingstoke
Hampshire RG21 6YR



SOS!SEN operates a free, friendly, confidential telephone helpline for parents and others seeking information and advice on special educational needs. ALDERSHOT - First Tuesday of each month at The Games Shop (opposite Costa Coffee), 6 Wellington Street, Aldershot, Hants, GU11 1DZ. This is a walk in advice service. For more information go to <http://www.sossen.org.uk/index.php>



If you are having problems with your child/ren and want some advice then NAS Alton and Bordon highly recommends the Autism Helpline which is run by the National Autistic Society. **Lines are free from landlines and some mobile phone networks.**

They give impartial, confidential information, advice and support to people on the autism spectrum, their families, professionals, researchers and students.



Picture Exchange Communication System (PECS)

www.do2learn.com
www.symbolworld.org
www.enchantedlearning.com/dictionary.htm
www.pdictionary.com
<http://trainland.tripod.com/pecs.htm>
www.usevisualstrategies.com/pixtl.htm



Netbuddy is an award-winning site for swapping practical tips and information on all aspects of supporting people with learning disabilities. <http://www.netbuddy.org.uk/>



IPSEA is a registered charity offering free and independent advice to parents of children with special educational needs in England and Wales.

IPSEA is a volunteer based organisation and many of the volunteers providing telephone advice and Tribunal support are themselves parents of children with special educational needs who have been helped by IPSEA. Advice Line: 0800 018 4016 Tribunal Helpline: 0845 602 9579 For more information go to: <http://www.ipsea.org.uk/>

Hampshire County Council holds a register for people who have a disability. If you are registered then your details are stored on a confidential database and you are given a small yellow card as proof of your registration. It will not cost you any money to register. This card will/may give you discounts. For more information about getting a yellow card go to <http://www3.hants.gov.uk/adult-services/disability/register/register-learning-disability.htm> Alternatively call: 0845 603 5630



We are the UK's largest provider of grants to low-income families raising disabled and seriously ill children and young people. We help ease the additional pressures families face. We can help with essential items such as washing machines, fridges and clothing but can also consider grants for sensory toys, computers and much needed family breaks together.

For more info: <http://www.familyfund.org.uk/>



Phone Apps for Special Needs

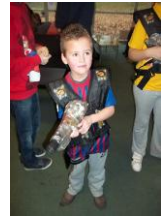
For a detailed list of apps available go to <http://www.childrenwithspecialneeds.com/index.php/special-needs-apps.html>



Disabled Children - A Legal Handbook To download, go to <http://www.councilfordisabledchildren.org.uk/resources/cdcs-resources/disabled-children-a-legal-handbook>



The **Parent Partnership Service** provides impartial advice, information and support to parents and carers of children and young people with special educational needs (SEN) throughout Hampshire. Our service is available to all families for whom special educational needs plays a part. Telephone: 01962 845870 <http://www3.hants.gov.uk/parentpartnership>



On the 10th December, NAS Alton went to the Santa's Grotto at the Rural Life Museum, Tilford near Farnham. This event was part funded by Aiming Higher, Inspiring You Fund. We boarded a steam train and took the short trip to the beginning of the experience. We were taken through the village hall, where we saw a model railway and then we were taken into the barn to see some animals before having our special visit with Santa and meeting all of his helpers. After this we went to the hall to have a much needed cuppa and a mince pie, whilst the children played in to park nearby. The chapel was particularly beautiful and reminiscent of churches in The Little House in the Prairie and The Waltons.

On the 17th December the teens went bowling at Bowlplex in Basingstoke. Decoding teen speak and teen body language we were able to gauge that they had a nice time by their words: ok [meaning it was good], no comment [having fun, please don't ask any more questions], uncomfortable smile [go away, I am here aren't I?] and bored [I am having so much fun, when can I come again!]. We here at NAS Alton and Bordon aspire to hear the words wicked and sick and we will not stop until we hear them! Teens you have been warned.

The 19th December saw us at the Alton Sports Centre, Soft Play Zone – we had exclusive use. It was so nice to see the children having fun and running about. We also met some of our new members. One of our members had driven from near Petersfield! NAS Alton and Bordon definitely need to find things to do in and around Petersfield! We are definitely going to do this again in the February half term and we hope to see you all again!

On the 20th December, we went to the Palace Cinema in Alton to watch Puss in Boots. It was so nice to see so many people and we had some new members too. Today I was reminded why we do this. My son is really struggling at the moment and he was shouting out and at one point used quite bad language, instead of feeling completely hopeless I was surrounded by caring and understanding people. This is what we do, we surround ourselves with understanding people.. Back to the film, what a good film and I really enjoyed being upstairs for a change. We will definitely do this again in the February half term.

On the 28th December, we went to Laser Quest in Farnborough, we had two sessions, the first session was for the under 10s and the second session was for our teenagers. It was the first time that NAS Alton and Bordon had hosted a Laser Quest event and it proved to be very popular. The children/young people were split into two teams, red and blue and each had a name and they could see how many points they scored. We had so much fun!



Looking for somewhere to have a coffee and lunch? Why not try...

The Kingsley Centre, Main Road, Kingsley, Near Bordon, GU35 9ND

Tea, coffee, sandwiches, toasted sandwiches, selection of pastries, jacket potatoes, soup and meal of the day AND a post office and a Co-op

The Kingsley Organisation supports disabled people towards the pursuit of their ambitions by valuing each person as an individual and recognising the power of opportunity and choice



Looking for somewhere in Basingstoke to eat and drink? Why not try.....

The Café Project – (Café Dome, Sullivan Road, Brighton Hill Centre, Basingstoke Hampshire RG22 4EH (Behind Asda, where the banks are, continue walking and you will see a dome shape building... it is there.)

The Café Project is a charitable trust with the aim of supporting Learning Disabled (LD) people with employment and training opportunities in Basingstoke

<http://www.thecafeproject.co.uk/>



*Welcome to our exhibition
As you can see our hearts were made
by beautiful hearts*

Our stars created by shining ones

*The cats, so beautifully done that they
are worth more than a million pounds
and a tear or two from mum*

*The cups and plates make no mistake
were created with love and care*

*Thank you to everyone that joined us,
the Jayne Chapman Pottery Café too
but we would not have done this
without the fundraising that you do.*

*To everyone that has donated, worked
with and supported us...*

Thank you ♥



Local NAS Branches and Support Groups

NAS Surrey Branch:

www.mugsy.org

NAS South Hampshire Branch:

www.shantsnas.org.uk

NAS Basingstoke Branch:

<http://basingstokenas.terapad.com>

NAS Hart and Rushmoor:

<http://www.nashandr.org/>

BAGS (Basingstoke Autism Group):

bagsinstoke@live.co.uk

Get Involved

Would you like to be more involved in NAS Alton? Can you see a role for yourself on the committee? Are you a professional who would like to come along and be a guest speaker? Do you know someone in need of support and would like to get in touch? If so then, email alton@nas.org.uk or go to our Facebook Page at www.facebook.com and search for NAS Alton.

If you have an idea for an event that you would like NAS Alton to host please get in touch as we are always looking for events to host for our families.

Morton Gernsbacher, parent of an autistic child

" ... research demonstrates that autistic traits are distributed into the non-autistic population; some people have more of them, some have fewer. History suggests that many individuals whom we would today diagnose as autistic – some severely so – contributed profoundly to our art, our math, our science, and our literature. "

"I feel life is a journey and we all have to learn to ride the storm, for some of us it can seem more like a tidal wave, but with every storm the sun eventually comes back out." -Alyson Bradley

"Without deviation from the norm, progress is not possible"
- Frank Zappa

Imagine a world where Asperger's was the norm, and non-autistics or neurotypicals were the minority. Let's try it: Those who feel the need to constantly be with a variety of friends are considered fickle. Those with no propensity for computers and science are called geeks. Those with no special interest are thought to be ungrounded and lost. Those without obsessive focus have to take classes to cultivate it.

Autism Services Directory

The UK's most comprehensive directory of autism-related services and events

Welcome to the Autism Services Directory, the UK's most comprehensive directory of services and support for people with an autism spectrum disorder, their families, and people who work with them. For more information refer to the website below

<http://www.autism.org.uk/directory.aspx>

www.turn2us.org.uk has an online benefit checker which lets you check what you should be claiming.

www.workingfamilies.org.uk – Working Families provides a host of information for working families. For those with disabled children type in 'Waving not Drowning'. The telephone number is 020 7017 0072.

www.dwp.gov.uk – the Department for Work and Pensions provides information on a range of benefits and entitlements

This is the newsletter of the Alton Branch of The National Autistic Society. Views expressed in this newsletter are not necessarily those of The National Autistic Society and reference to specific services or approaches to autism does not imply endorsement.

The National Autistic Society is a charity (No. 269425) and a company limited by guarantee (No. 1205298) registered in England, registered address 393 City Road, London, EC1V 1NG.

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