

Hi everyone,

Welcome to our first newsletter of 2010. We would like to take this opportunity to wish all our readers a very Happy New Year!

Over the last few months the committee members have been very busy preparing for some of our forthcoming events this year. This includes booking our first Spring Fayre; it runs from 10.30am—3.30pm on February 13th at St Andrew's Church Centre in Clevedon. This event is open to everyone and offers a chance to try Dance and Movement therapy, Art Therapy and Drama Therapy. You will also have the chance to pick up your Mother's Day Cards and presents from the many different stalls, such as jewellery and other interesting gift ideas, including personalised gifts made for you on the day. Our other events include a cinema trip to the Curzon; for two Wallace and Gromit films from Aardman Animation. "The Wrong Trousers" and "A Close Shave" many thanks to the Curzon cinema and Aardman Animation for this event. Later in the year we have two bowling events at AMF bowling in Weston. Our bowling trips are starting to prove very popular, so don't forget to book early. Flyers for all events are included with this edition of the newsletter and are available to download from our website.

### Autism Hero Awards

As promised in our last newsletter, this is the year when our members will have the chance to nominate their Autism Hero. We are looking for our members to nominate one of ten Autism Heroes in the North Somerset area. The person who is nominated must have gone above and beyond their role in supporting a person or the family of a person who has an Autistic Spectrum Condition. They must have made the biggest impact on the life of a person with an Autistic Spectrum Condition or their families. We have attached nomination forms with this newsletter, they are also available to download from our website, If you need help filling in the form, leave a message on one of our branch numbers and someone will call you back. Now start thinking about who your Hero is. They could be a teacher, health care professional, dentist or even your hairdresser; anyone that has helped can qualify.

Closing date for nominations 1st March 2010

See news flash for more details

If you are not a member now is the time to join. We need your membership number for you to nominate your Hero.

*Liz Kelly*

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### Committee Members

Liz Kelly 01934 628287	Branch Officer 07765 232622
Katherine Lambert	Treasurer
Maggie Potter	Regional Councillor
Mary Marsh	Events Co-ordinator
Angela Jones	Social Events Co-ordinator
Alexis Miller	Minute Secretary
Wendy Lovell	Resources
Pat Kelly	Editor

The National Autistic Society  
Regional Office

Ben Higgins Regional Coordinator  
Marina Parrett Regional Officer

Church House  
Church Road  
Filton,  
Bristol BS34 7BD  
Tel: 0117 974 8400

Head Office  
393 City Road  
London  
EC1V 1NG

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

[www.autism.org.uk](http://www.autism.org.uk)

Autism Helpline: 0845 070 4004

Your autism charity



**SUPPORTIVE PARENTS  
PARENT PARTNERSHIP  
SERVICE  
NORTH SOMERSET**

have the Inclusion Advisory Service coming to Portishead support group on 11th February and Sue Bond from the new N.Somerset Dyslexia and Dyspraxia group coming to Weston support group 9th March, further details available from Supportive Parents website: [www.supportiveparents.org.uk](http://www.supportiveparents.org.uk)

The NAS are starting a new weekly Out of School Club for teenagers with Asperger syndrome and High Functioning Autism in North Somerset. It will be based in Nailsea, but available to young people throughout the county. Please contact Amy Phipps for more details (0117 9748400 or email [amy.phipps@nas.org.uk](mailto:amy.phipps@nas.org.uk))

**Back by popular demand to  
NAS South Gloucestershire branch  
an evening with  
Dean Beadle**

Dean will discuss the foibles and idiosyncrasies that makes his day to day life so interesting and individual. This speech is very humorous and gives the audience a detailed insight into how life is from the perspective of a person with Aspergers. Dean will also focus part of his speech on his teenage years, and outlines the difficulties- both social and emotional-which shaped those years. Within this speech he will also discuss the ways in which he overcame such issues to forge a happier life.

For more information please contact

**Date : Monday February 22nd 2010**  
**Venue: The BAWA Southmead Road, Filton, Bristol**  
**Time: 7.00 pm – 9.15 pm (doors open from 6.30pm)**

[southgloucestershire@nas.org.uk](mailto:southgloucestershire@nas.org.uk)  
branch mobile 07917 085 132

**Our Newsletter**

With the ever increasing cost of postage and paper, plus the potential disruption of the postal services, we would prefer our members to receive the newsletter via email. This method will enable you to get our newsletter the moment we send it out, not having to wait the two or three days it takes to be delivered by post. You will also have the benefit of having a working link to our events and other items from the newsletter. Other advantages are being able to resize the text on the page, to make it easier to read. Also some text readers will also work. Another advantage of having our newsletter delivered by email is that you can view it in full colour. If you would like to receive your next newsletter via email please send an email to [newsletters@nas-northsomerset.co.uk](mailto:newsletters@nas-northsomerset.co.uk) with your name and address so that we can then remove you from the postal list.



**The Princess Royal Trust  
for Carers**

Would you like to find out more about the relationship between work and benefits for adults with learning difficulties?

Come and listen to real life stories and hear how lives have been changed for the better through paid employment



The Princess Royal Trust for Carers  
The Vassall Centre, Gill Ave,  
Fishponds, Bristol, BS16 2QQ  
Wednesday 3<sup>rd</sup> February 2010  
10am to 12pm

## Up and coming events

Spring Fayre and Fun Day

Saturday 13<sup>th</sup> February 2010

This is a great day out for the whole family which includes face painting, games, and Activity Workshops which include: Drama and Movement Therapy, Art Therapy, Music Therapy. It is also great opportunity to buy a gift for Valentine Day and Mothers Day. 10.30am-3.30pm

# Spring Fayre And Fun Day

We have a trip to the Curzon Cinema on Saturday 13th March for the Aardman Animation; The Wrong trousers and A Close Shave. We would like to take this opportunity to say a big Thank You to...

**Aardman Animation and  
the Curzon Cinema  
For making the Cinema event possible**

We also have two ten pin bowling trips planned the first one on Thursday 3rd June and one in October these are starting to prove very popular and usually get booked up very quickly.

## Quotes from a happy parent.

### Bowling trip

"Alex found the NAS Bowling experience unthreatening and great fun! As a result we both feel confident enough to attend a standard session which previously would have been impossible"

Rachel

### Cinema trip

"Despite being intensely apprehensive about large dark places, Alex and I survived the cinema outing problem free and really enjoyed ourselves. The gentle ambient light and lack of disapproval over any noise made, enabled it to be stress free from both a child and carers point of view"

Rachel

## North Somerset Branch support times and dates

Clevedon  
held at Springboard  
10am until 12noon  
Thursday

28<sup>th</sup> January 2010  
25<sup>th</sup> February 2010  
25<sup>th</sup> March 2010  
27<sup>th</sup> May 2010  
24<sup>th</sup> June 2010  
22<sup>nd</sup> July 2010  
23<sup>rd</sup> September 2010

Weston  
held at the Lynx Centre  
7pm until 9pm  
Wednesday

13<sup>th</sup> January 2010  
10<sup>th</sup> February 2010  
10<sup>th</sup> March 2010  
14<sup>th</sup> April 2010  
12<sup>th</sup> May 2010  
9<sup>th</sup> June 2010  
14<sup>th</sup> July 2010  
11<sup>th</sup> August 2010  
8<sup>th</sup> September 2010

Weston  
held at The Campus  
10am until 12 noon  
Information Mornings  
Tuesday

19<sup>th</sup> January 2010  
16<sup>th</sup> February 2010  
16<sup>th</sup> March 2010  
20<sup>th</sup> April 2010  
18<sup>th</sup> May 2010  
15<sup>th</sup> June 2010  
20<sup>th</sup> July 2010  
21<sup>st</sup> September 2010

# Parent seminars

## help! 2

### Supporting the siblings of your child with an ASD

A seminar focusing on the needs of the siblings of your child with an ASD, and strategies to teach the siblings about their brother/sister and ASDs. This seminar is aimed at parents/carers who have a child with an ASD and additional siblings (aged up to 18).

**NB. This seminar is for parents only and not for the sibling/s to attend**

Seminar delivered by Jo Parry  
*help!* Programme Officer

Thursday 25 February 2010

10.30am – 2.30pm (Tea/coffee from 10.15am, seminar starts at 10.30am)

### Weston-Super-Mare

25 February 2010 – 10.30am to 2.30pm

Supporting the siblings of your child with an ASD

4 March 2010 – 10.30am to 2.30pm

Managing Anger in young people with Asperger Syndrome

Venue: The For All Healthy Living Centre  
68 Lonsdale Avenue  
Weston-Super-Mare  
Somerset  
BS23 3SJ

The *help!* 2 Team  
The National Autistic Society  
2<sup>nd</sup> Floor, Church Road  
Church House  
Filton, Bristol  
BS34 7BD

*Or Contact*

*Maria Watkins on 0117 9748414*

## North Somerset Parent Participation Forum

We are holding a competition for all schoolchildren from North Somerset, to design a picture that will act as a distinctive and welcoming logo for the forum. We hope that the chosen picture will be a bright and attractive design that will stand out and encourage people to pick up and read our leaflet!

The winning design will be used to illustrate posters, information leaflets etc which will be widely distributed in North Somerset, and a website too! The design is likely to be used for a minimum of two years, and will hopefully be retained as a long-term feature of the Forum's information sources.

We really hope that schools will promote this competition to pupils throughout the authority. There will be a prize of two

## £50 vouchers

One for the lucky winner and one for their school!

Designs must be submitted to Maggie Potter, Programme lead for the Parent Participation Forum, by Friday 15<sup>th</sup> January 2010, either as a scanned electronic document, or to a maximum size of A4. Judging will take place on 19<sup>th</sup> January 2010. Contact for the Forum Competition: Maggie Potter (tel: 0117 9897724)

Email electronic entries to [mp2008@supportiveparents.org.uk](mailto:mp2008@supportiveparents.org.uk)

or send hard copies to: Supportive Parents, Parent Partnership Service, 3<sup>rd</sup> Floor, Royal Oak House, Royal Oak Avenue, Bristol, BS1 4GB

If you have an event coming up, for later in the year, that you think might interest our readers and would like us to help publicise it in our next newsletter please email us at.....

[newsletters@nas-northsomerset.co.uk](mailto:newsletters@nas-northsomerset.co.uk)

Our next newsletter is out end of April 2010. Many thanks