

Breaking News

This year will see the first of our new Autism Hero Awards.

They will be held every year in June, and will be awarded to someone that has gone above and beyond, when supporting a person with Autism. This years nominees are already in and they will receive their awards at a special ceremony in June. Next year the process starts again when our parent members we will have the opportunity to nominate their hero. More information on how to nominate your hero will be given in our next newsletter. Time to start thinking about whom you would like to nominate for next years award.

Hi Everyone,

Well done to anyone who spotted my deliberate spelling mistake on page 3 of the word respite in the last issue of the newsletter. I wanted to see how many of you would contact the Branch to let us know. However, as no one contacted us about this I can only assume either you did not read the newsletter properly or you are all too polite to bring it to our attention. Please take the time to read this newsletter properly as we have some very exciting news.

I cannot believe it is almost a year since Jackie Edwards stepped down as Branch Officer. Jackie did a brilliant job in promoting the North Somerset Branch of the NAS. She arranged many excellent seminars and family cinema trips as well as raising awareness of Autism across the local authority and Bristol.

We as a committee are committed to continuing with all of the above and indeed adding even more opportunities for parents to attend more Branch Events. We have already hosted two Branch seminars the "At Risk" and Housing Options in February and March respectively. We have others Talks coming up in June and October. See inside for more details. We now have two bowling trips permanently on the Branch calendar and we are bringing back the cinema trips. (See separate flyers)

We also offer parents the opportunity to call in for a coffee and a chat approximately four times a month. The first and third Wednesday of the month from 10am-12pm at Cross-roads Carers in Graham Road Weston with Wendy Lovell who can share a great deal of information with our parents. On the second Wednesday of the month we have a support group meeting at the Lynx Centre in Lynx Crescent Weston from 7pm-9pm with me (Liz Kelly). On the fourth Thursday of the month we have another support group meeting in "Grace's Room" at Springboard in Clevedon from 10am -12pm with Angela Jones and I. This is an opportunity for parents to talk about any concerns they may have about their child with an Autistic Spectrum Condition.

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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
Helen Gilmore	Publicity
Jacky Hayler	Minute Secretary
Wendy Lovall	Resources
Pat Kelly	Editor

The National Autistic Society
Regional office

Ben Higgins Regional Coordinator
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Autism Helpline: 0870 600 8585

A word from the Chair, April 2009

This is the end of my first year as Branch Officer and I would like to take this opportunity to thank all the committee members who have work hard to support the Branch. Kath Lambert as Branch Treasurer; Maggie Potter, Angela Jones, Wendy Lovell, Mary Marsh, Alexis Miller, Jacky Hayler, Sue Rhodes, Sharon Lee, Grace Hewson, and Pat Kelly. I would just like to add a big thank you to all of you for your enthusiasm and ideas for moving the branch forward. It is brilliant being part of such a fantastic team. Well done and keep it up.

We as a committee would like to thank everyone who has supported the Branch over the last 12 months parents and professionals alike. We would especially like to thank Jackie Edwards for hosting the Developing services locally for young people and adults with AS and HFA Follow up to the "PATH" Session 2007 on behalf of the Branch and all the speakers at this event. Chris Born Chief Executive of North Somerset Primary Care Trust. Dr. Ian Ensum Clinical Psychologist, AWP and Hayes Independent Hospital Barbara Titmuss Weston College. Allan Pook Brandon Trust Supported Employment. Shaun Fitzpatrick -Supporting People Manager NSC Adult Social Care & Housing Catriona Daynes – NAS Lynx Centre now (Area Manager)

We have been very lucky to have Peter Parkhouse talk on understanding autistic spectrum disorder in November 2008.

Thank you to Maggie Potter for hosting the Branch "At Risk" event in February, which covered challenges facing young people with autism in the community and to all the speakers at this event Barbara Wilson, NAS Regional Councillor. Debbie Hewlett Victim & Witness Care Manager, Avon & Somerset Police. Roger Farrant, Community Fire Safety Officer. Dr Sayra Shah and Nicola Watkins, Schools Visits Coordinator.

Thank you also to all our speakers at our resent Housing options talk march 2009 speakers Claire Hawkins Housing Options & Advice Manager.. Alexis Miller. Jan Seamer parent, Florence and David Gradwell parents, Paul Harrington Community Services Manager

Maggie P, Jacky H, & Liz Kelly, continue to attend various meetings with the local authority for children and adult services as part of the multi agency approach adopted in North Somerset. I would like to thank Jenny Maxwell, and all the other professionals working on the Autistic Spectrum Condition (ASC) strategy for their dedication and commitment to this work, which has now been introduced to all the schools in North Somerset. I'd also like to thank Paul Slade, Rose Barker, Hilary Guy and Rosalind Dymond for their interest in developing services for adults living in North Somerset. We are very grateful for the many donations to the branch. This generosity has enabled the committee to continue to offer some free places to parent members of the branch for our events.

Thank you to Marina Parrett, Ben Higgins and Chris Peach from the NAS Development Team in Bristol, and the work of the NAS by raising the profile of ASD with the public; it has been another successful year for this branch. Please remember to contact us if you have any suggestions and ideas for future events or would be interested to join us.

Liz Kelly Branch Officer

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We are now very pleased to announce we have decided to host the first of our annual **Autism Award Ceremony** in June this year. Details of who has received these awards will be published in our next newsletter. As you can see the committee members have been very busy over the last twelve months.

I would like to take this opportunity to thank everyone who has supported the Branch over the last year. A special Thank You, to Jenny Murphy from Crossroads for her support with our new resource sessions at Crossroads.

Last, but by no means least a big thank you to all the committee members for their hard work throughout the year. I look forward to working with all of you next year.

Liz Kelly Branch Officer.



SUPPORTIVE PARENTS PARENT PARTNERSHIP SERVICE NORTH SOMERSET

**Do you have concerns about your child's educational progress or provision?
Come to the drop-in support meetings in your area.**

The Folk Hall, High Street, Portishead

Thursdays 7.30 – 9.30 p.m.

14th May 2009

9th July 2009

Mendip Green School, Worle

Tuesdays 7.30 – 9.30 p.m.

21st April 2009

16th June 2009

North Somerset Branch support times and dates

Weston

April	8th
May	13th
June	10th
July	8th
August	12th
September	9th

Lynx Centre
Lynx Crescent
Weston-Super-Mare
7.00 - 9.00pm

Clevedon

April	23rd
May	25th
June	23rd
July	23rd
August	No Meeting
September	24th

The Grace Room" at
Springboard Opportunity Group.
2a Princes Road, Clevedon. BS21 7SZ.
10am until 12 noon

NEW Surgeries

Working together in partnership with Crossroads to support carers.

These will be based at Weston Crossroads on the first and third Wednesday of the month the next one is **April 15th** other dates below see the website for further dates

6th & 20th of May.

3rd & 17th June

9.30-12.00

The intention is for parents to come in and share ideas with others. A self help group facilitated by **Wendy Lovell** from the **North Somerset Branch of the National Autistic Society** and supported by people who are working to meet the needs of parents who are dealing with the daily problems associated with autistic spectrum disorders.

Please come along to this new and valuable resource.

Free coffee and chocolate biscuits!!!!!!!

Crossroads

Are holding a pamper evening on Friday 24th April between 7—9.30pm Free refreshments & treatments available such as mini massage, nails and also stalls with soaps books and cards. Ticket Prices £3.50 at the door, £3 if bought in advance. The event is to raise money for young carers.

The **Carers Centre North Somerset** Crossroads
1 Graham Road, Weston-Super-Mare. BS23 1YA
Tel: 01934 411 840

If you have an event coming up in the later end of 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

Our next newsletter is out in September. Many thanks

The Lynx Resource Centre

Please call us to book 01934 412575 or email:-
nikki.edwards@nas.org.uk

<u>April</u>	Date	Time	Cost
Internet Cafe	Wednesday 8th	6:30-8.30pm	£3
Walking Group-adults	Saturday 25th	10:30am-1pm	£3
Lynx Fun Club 8-13 yrs old	Saturday 4th	10am – 12pm	£3
Craft Evening – Adults	Wednesday 15th	6:30pm– 8:30pm	£4
Lynx Fun Club 8-13yrs old	Saturday 18th	10am – 12pm	£3
Activity Club 16-25ish yrs old	Wednesday 29th	6pm – 8pm	£3
Internet Cafe	Saturday 25th	11 – 1pm	£3

NAS Book Stall

Now for some bad news. The book stall which we have at all of talks will sadly no longer be there this decision was taken at head office but if you feel that it is a good resource to have at our talks please let Cathy know at the following email address.

Cathy.Mercer@nas.org.uk



Performance of

Myths and Legends

Saturday 20th June 2009

This years performance will be held at the City Academy, Russell Town Ave, Redfield. Bristol

For more information Please contact Kate at Dance Voice

Quaker Meeting House
Wedmore Vale
Bedminster
Bristol
BS3 5HX

+44 (0) 117 953 2055
admin@dancevoice.org.uk

Please help to support your Branch



A very young talented artist with Autism has produced some drawings for us which we have had transferred onto mugs to help with fund raising. The mugs are available at our support sessions in Clevedon Springboard, Weston Lynx Centre, all of our upcoming talks and at the resource area with Wendy at the Carers Centre. Suggested donation £5 per mug