



Zone-Info!

The-Zone! newsletter, for families with additional needs

www.The-Zone.org.uk

Issue 10

September - December 2016

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The-Zone.org.uk

[www.facebook.com/
TheZoneASD](http://www.facebook.com/TheZoneASD)

Twitter: #The-Zone!



We Need You!

It's our AGM on Saturday 26th November and we desperately need people to come along; tell us what we are doing right, what we need to improve and if there's any way you can join the committee and help us.

Nikki is stepping down as chair and we need more of you to step up and join us - the more of us there are working together, the better the workload is spread and it won't be too much for any of us.

Can you help run any sessions at The-Zone? Could you organise an event, from a Run-About session, to donutting, a meal out for the teens or a coffee morning for parents? Can you help by replying to Facebook posts? Do you work for a company that might donate to The-Zone or sponsor an event? Are you up for running a marathon or any other sponsored event?

As you can see, there are various ways that you can get involved.

Huge thanks to...

- The fantastically talented people at The Brightlight Theatre Company have raised an amazing £1038 at their performances of Wind in the Willows. Thank you so much, we are very grateful for being your chosen charity and for all the hard work that went into it all.

- The lovely locals at The Railway Tavern in Frimley held a sponsored darts marathon in August and raised an impressive £450 for The-Zone! Thank you so much for choosing us to be the lucky recipients - we will spend it very wisely.

- The lovely Neil Johnstone at Magic Bean Designs who donated £50 to us via Vanessa Cosby, after he completed some carpentry work for her.

- Once again, thanks to Starbucks in Farnborough for continuing to have one of our collection tins in store - the total from the latest tin was £37.37 and we really appreciate the support!

Facebook

www.facebook.com/TheZoneASD is our FB page and is for anyone interested in what we do, simply press the "Like" button.

www.facebook.com/groups/TheZone2014 this is a closed, and therefore private, Facebook group for parents with children with additional needs.

www.facebook.com/groups/TheZoneTeens/ is an additional closed group for parents of those 11 years and over.



Events!

Zone-In! is based within the grounds of Samuel Cody Specialist Sports College,
Ballantyne Road, Farnborough, GU14 8SS

Parents/carers remain responsible for their children at all of our sessions & events.

*** Please encourage your child to tidy away whatever they've played with or return it to the room it came from. ***

Zone-In! sessions

This is the name for all sessions we hold at Samuel Cody School. We will have all our indoor equipment; games consoles (XboxOne, PS4, PS3, Wii's, Xbox360, handheld games; (PSPs, PSvita, DSIs, 3DSs) laptops, I pads, arts, crafts and beads, Lego, Duplo, wooden train track and HappyLand sets. We have plenty of tea, coffee and juice available throughout the sessions. At all of our Zone-In sessions we have a room setup especially for the Teens (aged 11yrs+) so they can play Teen Zone games away from our younger members.



Saturday Zone

One Saturday each month in term-time, 10.30am - 2.30pm, on 15th October, 12th November, 10th December & 21st January. The cost is £3.50 per child/£10 per family and you are very welcome to bring along a packed lunch and stay for the whole session. We have the outdoor space whenever the weather allows!



Teen Zone-In and Out

These are sessions specifically for families with those aged 11yrs+ to attend. Teen Zone-In sessions are one Friday night each month (7th October, 4th November, 2nd December & 21st January), 6 - 8.30pm, costing £2.50 per teen. There's a small tuck shop available too. Teen Zone-Out events are organised on an ad-hoc basis depending on what the teens would like to do! Parents have to stay and supervise their teens at all of the sessions, in and out. Check out the teens FB group for more details:



www.facebook.com/groups/TheZoneTeens/

Please remember you are responsible for your children at all of our activities and you must supervise them at all times!

Hampshire Gateway Cards

If you have a child aged 0 - 19 years with additional needs and live in Hampshire or they attend a Hampshire school and you haven't got a Hampshire Gateway Card please complete a form at:

www.hants.gov.uk/gatewaycard or ask us for a form at The-Zone!

To view activities available across Hampshire to Gateway card holders, go to www.hampshiregateway.info

Once you have your card, please let us know your card number so we can add it to our database. It is really important that we know numbers for our HCC funding forms.



Hampshire Hampshire funding! Huge thanks to Hampshire Short Breaks County Council funding as without their support we couldn't run these sessions!

October 2016

Friday 7th
6 - 8.30pm
Teen Zone-In!

Saturday 15th
10.30am - 2.30pm
Saturday Zone-In!

Wednesday 26th,
10.30am - 2.30
Fun Zone-In!

Thursday 27th,
4 - 6pm
Zone-Out Run-About

November 2016

Friday 4th
6 - 8.30pm
Teen Zone-In!

Saturday 12th
10.30am - 2.30pm
Saturday Zone-In!

Saturday 26th,
5 - 7pm
Zone-Out @
Run-About
& Laser-Run for
our Christmas party
& AGM!

December 2016

Friday 2nd
6 - 8.30pm
Teen Zone-In!

Saturday 3rd,
7.30pm
Parents Christmas
meal out @ Wings in
Farnborough.

Saturday 10th,
10.30am - 2.30
Saturday Zone-In!

Sunday 11th
9.45am
Teen Zone-Out
go-karting!

January 2017

Friday 13th
6 - 8.30pm
Teen Zone-In!

Saturday 21st
10.30am - 2.30pm
Saturday Zone-In!



If cost or
transport is an
issue, please talk
to a committee
member.

Places for Zone-Out events ideally need to be
booked at least 5 days before the event!

Booking your places

You can book & pay for your event places via our website, www.The-Zone.org.uk/booking
Just get in touch with us and we will help with alternative payment methods.

October half-term

Fun Zone - on Wednesday 26th October, we will be at The-Zone for our regular Zone-In session; we will have all the usual indoor equipment and access to the outdoor space (the equipment outside is dependent on the weather being dry!)

Run-About - Thursday 27th October we have the whole of Run-About just for Zone families from 4 - 6pm. This session is for those under 11 years and places will cost £6 per child.

Christmas parties!

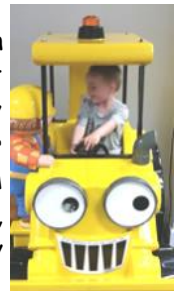
Run-About & Laser-Run - Run-About is for those under 11 years and Laser-Run is for anyone 6 years+, on Saturday 26th November from 5 - 7pm - come along and join us for a fun filled session that will also include our AGM (we promise it won't take over the evening!)
Places per child will cost £6 for Run-About and £7 for Laser-Run.

Christmas meal out for parents - one of our mums has volunteered to organise a meal out for the grown-ups, on Saturday 3rd December, 7pm at Wings in Farnborough. The price per person is £29.50 if paying by cash or £30.75 if paying via The-Zone website. Places need to be paid for well in advance.

Teen go-karting - this is the party for the teens (11 years and over) on Sunday 10th December at 9.50am. The price per person karting is £17.50 - priority will be given to the teens but if there are spaces left on the day, parents can pay for a place to join in too!

Some of our Summer fun...

We started the Summer holidays with a brilliant evening at Jake's on Monday 25th July - there were plenty of red faces running around the soft play area, up the steps and whooshing down the slide. We then ate our very hot and yummy meals outside with the chickens running around and under the tables, finished our ice lollies and headed into the farm area. We fed the sheep, goats, chickens, ducks and alpacas - they were all very hungry and gobbled down everything the children gave them! The outdoor play areas were good fun with lots of laughter to be heard.



Our Summer Fun-Zones were great in the lovely weather! We had the outdoor space with the go-karts, trikers, bouncy castle and for the last session we had a huge inflatable slide too. One Wednesday even saw many of us outside have a spectacularly wet hour of water play with so many super-soakers and lots of squeals as the water was freezing!

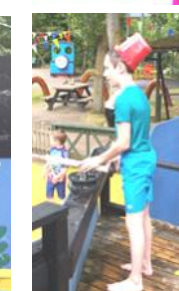
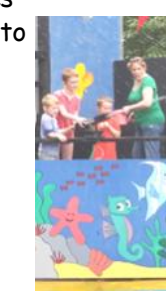


It was lovely to see so many familiar faces and many new ones too - we hope you all enjoyed the sessions and look forward to seeing you all at our upcoming events.



On Monday 22nd August we had a fantastic day out at the Thames Valley Adventure Playground in Maidenhead. As always, it was a lovely calm day in a very secure play area for

children with additional needs and their siblings - everyone had fun exploring the whole site, from chilling in the sensory room, using up some energy in the soft play area, trying out all sorts of bikes, trikes and go-karts in the track area (that bike you pedal with your arms was really hard work, but not nearly as bad as trying to pedal the go-kart with the trailer attached!) It has to be said though, that the water area was the most popular; there were so many wet bodies running around and a few parents trying desperately to supervise whilst avoiding the water!



Challengers fun swim sessions!

Did you know that Challengers have the use of the entire pool and slides at Guildford Spectrum on the last Saturday of every month? The dates for the rest of the year are 29th October, 26th November and then 17th December, from 6 - 7.30pm. There's no need to book, simply turn up and pay (the suggested minimum donation is £2 per swimmer).



PDA training

Side by Side coaching run training and specialist coaching for parents and professionals living or working with children and young people with Pathological Demand Avoidance. Their next training course with Karen Whichello is on Friday 25th November 2016 in Redhill, Surrey from 10am - 2pm. The cost is £85 per person and includes the workshop, a hard copy of the presentation and lunch.

More information about Side by Side & their services can be found at www.sidebysidecoaching.co.uk or contact them directly: for training - Karen Whichello 07850 264265 or for specialist coaching - Cathy May 07956 023636.



sidebyside

Aldershot Centre for Health parking!

Huge thanks to Natalie Walker at Parent Voice for passing on the following info:

It is once again FREE parking for blue badge holders but you need to park your car and take your blue badge to reception where they will register your car on their system - you will only need to do this the first time, as long as you are using the same car each time you visit. Then you need to return to your car to display the blue badge.

According to the information on display in the car park, they are using ANPR (automatic number plate recognition) cameras at the entrance and exit of the car park to ensure that people are paying and displaying as the new ticket machines ask for your car registration number. You can park for free for 15 minutes but you still have to get a ticket from the machine for this.

The parking company terms and conditions say you have 10 minutes to enter and leave the car park or without getting a 15 minute parking ticket.



Special Needs Info Day 2017

According to all the info, this event run by Support4SEND and Parent Voice will now be held on Saturday 25th March 2017 at Yateley School, Yateley. Further details of the event, workshops and talks will be available on their websites nearer the time.



www.hants.gov.uk/support4send

www.parentvoice.info



Attwood on Autism 2017

The NAS South Hampshire Branch's they are delighted to announce a seminar for parents and professionals featuring: Professor Tony Attwood, MSc, PhD, AFBPsS, MCCPs, on Friday 19th May 2017, 9am - 4.30pm, at Winchester Guildhall. Tickets cost (including refreshments and light lunch) £40 for parents/carers of children, young people and adults with autism or person with autism; £60 for teaching assistants and accredited Hampshire Autism Ambassadors; £120 for all other professionals (prices are the minimum suggested donation). Price includes refreshments and light lunch. More details are available at www.shantsnas.org.uk



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We're on the web:

www.The-Zone.org.uk

Make sure you let us know if you move or change your e-mail address.

If you don't, we can't get this newsletter to you!

Useful info...

Autism Friendly Screenings

The sessions are designed to be suitable for those on the autistic spectrum and with other additional needs. The lights will stay on low, the volume is lowered, there are no trailers at the beginning of the film (unless they are unavoidable), you can take your own food & drinks, choose where you want to sit and you're able to move around if you need to.

- Cineworld (in Aldershot) at 11am on the 1st Sunday of the month.
- ODEON (in Basingstoke) at 11.30am one Sunday every month.
- Vue (in Farnborough, Camberley and Basingstoke) at 10am on the last Sunday of the month.



There's more information and downloadable social stories available at: www.dimensions-uk.org or you can talk to staff at your local participating cinema.

Cinema Exhibitors' Association Card

This national card for the child/person (aged 8 years or older) with a disability, that entitles them to one free ticket for a person accompanying them to the cinema. To be able to apply, the cardholder must have proof of one of the following criteria:

- Be in receipt of Disability Living Allowance
- Be in receipt of Personal Independence Payment
- Be a registered blind person



You will need to complete a form (this can be done online at the CEA website or you can print a copy out and post it to them), you will also need a passport sized photo and a proof of entitlement document. The card costs £6 and is valid for 1 year. For more info or to apply for a card, go to www.ceacard.co.uk or call 023 9224 8545.

Radar Keys for disabled toilets

These are available free of charge from your local council offices (you may need to complete a form with all your details) if you have a diagnosis letter to show your child is entitled, or you can purchase one from The-Zone! for just £2.50 (this is great if you need a second key for another carer). Just ask us at any of The-Zone! sessions.



For more information about the scheme, go to www.radar.org.uk

This is the newsletter of The-Zone! a local charity (charity no. 1156806) for special needs families in North East Hampshire. Views expressed in this newsletter are for information only and reference to specific services or approaches to autism does not imply endorsement.

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