



# Zone-Info!

The-Zone! newsletter, for families with additional needs

[www.The-Zone.org.uk](http://www.The-Zone.org.uk)

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## Get in touch

### Chair person:

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### Treasurer:

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Can be found at various  
Zone events

### Secretary:

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(please leave a short  
message and she will  
get back to you.)

[www.facebook.com/  
TheZoneASD](http://www.facebook.com/TheZoneASD)  
[www.facebook.com/  
groups/TheZone2014](http://www.facebook.com/groups/TheZone2014)::

Twitter: #The-Zone!

Issue 11

January - March 2017

### Happy New Year everyone!

Hopefully you've all had a good start to the new year. We're hoping that 2017 will be a brilliant year for The-Zone, with plenty of opportunities for families to meet-up and to gain access to the help and support they need!



As you know, Nikki is stepping down as chair at the end of March! After 9 years of running The-Zone! (previously NAS Hart & Rushmoor) it is time to pass the baton on. If anyone is interested in becoming Chair, would like to find out more or would like to join the committee—please get in touch! There are a variety of ways to help and the more of us there are working together, the better the workload is spread and The-Zone! will be able to continue running and supporting families.

### Huge thanks to...

**YEM Theatre School** in Farnborough raised a massive £2663.43 for The Zone! Please do check out their website, we are extremely grateful for all their hard work.



[www.yemtheatreschool.co.uk](http://www.yemtheatreschool.co.uk)

**Hair100** in Gifford Drive, Farnborough. They held a Christmas raffle and raised £165.00 for us!! So grateful to all the staff and customers.

**Sarah Soane**, for making 24 very cute gingerbread men decorations! These were very popular and sold out quickly raising £72.00 as well as making Christmas trees special.

*Thank You!*

### Facebook

The-Zone! Facebook page is for anyone interested in what we do. Go to [www.facebook.com/TheZoneASD](http://www.facebook.com/TheZoneASD) & press the "Like" button. Our closed (and therefore private) Facebook group for parents who have children on the autistic spectrum and similar issues, at [www.facebook.com/groups/TheZone2014](http://www.facebook.com/groups/TheZone2014) and for parents of those 11 years and over, we have an additional closed FB group too: [www.facebook.com/groups/TheZoneTeens/](http://www.facebook.com/groups/TheZoneTeens/)



### www.The-Zone.org.uk

Our website is kept as up to date as possible, so please do check it and the calendar to make sure events are running as planned before you turn up.



# 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 The-Zone! We will have all our indoor equipment; games consoles (XboxOne, PS4, PS3, Wii's, Xbox360, handheld games; (PSPs, PSvita, DSIs, 3DSs) laptops, Ipads, Android tablets, 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

Usually one Saturday each month (14th January and 18th March), 10.30am - 2.30pm. 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, 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/](http://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 your child lives in Hampshire or attends a Hampshire school and you haven't got a Hampshire Gateway Card please complete a form at:

[www.hants.gov.uk/gatewaycard](http://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](http://www.hampshiregateway.info)

Once you have your card, please let us know your Gateway card number - we can add it to our database and we won't nag you for it again!



**Hampshire**  
County Council

## Hampshire funded activities!

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

January 2017

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

**Saturday 14th**  
10.30-2.30pm  
Saturday Zone-In!

**Monday 23rd**  
9.30am - Coffee/  
breakfast  
The Queen Hotel, Alder-  
shot  
(Weathrspoons in Alder-  
shot)

February 2017

**Friday 17th**  
6-8.30pm  
Teen Zone-In!

**Saturday 18th**  
5.30 - 7.30pm  
Science Museum, Winchester

**Wednesday 22nd**  
10.30-2.30  
Fun-Zone!

**Tuesday 28th**  
9.30am - Coffee/breakfast  
The Tilly Shilling Farnbor-  
ough

March 2017

**Saturday 4th**  
Teen Zone-Out! 6.30-8.30pm  
Laser @ Jakes Tri-Lakes

**Friday 10th**  
6-8.30pm  
Teen Zone-In!

**Saturday 18th, 10.30am -**  
2.30  
Saturday Zone-In!

**Wednesday 22nd,**  
9.30am  
Coffee/breakfast  
Tea Shop around the corner,  
North Camp

**Booking places at events**

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

**Teen Zone-Out at Jake's @ Tri-Lakes** - just for the teens (aged 11yrs +) to play in. They'll be a couple of games of Laser-tag & time to just be big kids! Price is £12 per teen including a hot meal.

**Fun Zone-In!**

Wednesday during half term, 10.30am - 2.30pm. This is based at Samuel Cody and follows the same as Saturday Zone-In sessions. 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.

**Zone-Out! Winchester Science Museum, 5.30pm to 7.30pm**— exclusive hire after hours for our Zone families to enjoy. The price is £5.50 per person (under3s free)and will include a planetarium screening. Feel free to wander around and explore all the exhibitions. We may put on a coach if there is enough interest—so please let us know if you would like this.

**Coffee Mornings** - 9.30am drop in, at various locations and days. A chance to chat to and meet other parents/carers. Welcome to bring other children, ask questions or just socialise!

## Just some of the pictures from our events at the end of last year!

In October half-term we enjoyed soft play session at Runabout and had a great time. We also had our Fun Zone session - amazingly enough the weather was still dry and we were able to enjoy the outside space too including a bouncy castle!



In November we had our usual Zone-In sessions but the weather was not so nice and sadly there are no lovely outdoor pictures. November 27th, we had our Christmas Party and AGM. We hired out Runabout soft play for the 10s and under. They had a great time playing in the soft play. Whilst the older ones enjoyed playing in the Laser run. The children all received a Christmas selection box to take home.



In December we had our Christmas zone-in at Samuel Cody, where we enjoyed a shared lunch together and also made some yummy Christmas treats. Then it was time for the Teen Christmas event - at the TeamSport karting venue in Farnborough! They all did really well; they got suited up, watched the briefing DVD, found helmets that fitted and went on the track.

After Christmas, we held 2 donutting events. A chance to work off the Christmas excess for all the family. The children all wore their helmets, long sleeves and gloves and headed out down the slopes in the donuts. A great time was had.



### Merlin's Magic Wand charity

This charity believe in putting the magic back into the childhood of seriously ill, disabled and disadvantaged children by providing free tickets to Merlin attractions (Legoland, Thorpe Park, London Eye etc.) The eligibility criteria is that your child, aged between 2 and 18 years, with a disability or serious illness must either have a Statement of Special Educational Needs or be in receipt of a letter stating their condition in order for you to apply for tickets. Paperwork must be on headed paper which includes the organisations logo from an official source and have the child's full name, the child's date of birth, the child's medical condition or diagnosis or proof of foster care.



For more information, go to [www.merlinsmagicwand.org.uk](http://www.merlinsmagicwand.org.uk) - or you can call MMW on 01202 440060 to ask questions but they only accept applications via their website.

**\*\* If you have received MMW tickets before they would rather you didn't reapply. \*\***

MMW have clarified that their "disadvantaged" criteria includes those in foster care/recently adopted, registered young carers, child of a terminally ill parent, child victim of abuse including domestic violence.

### Family Fund Grants

The Family Fund provides grants to families with disabled children. The Fund will consider any request on its merits but does have specific criteria about claiming. Several people have successfully applied for help with the costs of holidays (usually for Haven, Thompson or CenterParcs), a new washing machine or tumble dryer, an Ipad for the child to access apps or something else that your child will really benefit from. For more information, go to [www.familyfund.org.uk](http://www.familyfund.org.uk) or call 0845 130 4542. You are able to apply online if you have applied in previous years and have a reference number.



### 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](http://www.hants.gov.uk/support4send) [www.parentvoice.info](http://www.parentvoice.info)

### Attwood on Autism 2017

The NAS South Hampshire Branch 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](http://www.shantsnas.org.uk)

### Autism Show

This year's event is on 16th - 17th June 2017 at the ExCel Centre in London. So put the date in your diary and watch out for when tickets become available.



### World Autism Awareness Week

This year, World Autism Awareness Week starts 27th March 2017



### National Autistic Society

For useful information and helplines ([www.autism.org.uk](http://www.autism.org.uk)) on all aspects of autism in the UK.

## Other sources of support...

We know that life can be incredibly difficult at times, which is why we do our best to get parents together so that they can meet others who understand. Knowing that you are not alone can be very helpful but you may also find out other useful information by talking to others who have been there too. All of our events need parents to stay and be responsible for their children, but this also provides you with the chance to meet others in similar situations.

### ParentVoice

Parent Voice is a free information and advice service for parents and carers of disabled children aged 0-25 in Hampshire. [www.parentvoice.info](http://www.parentvoice.info) 0300 303 8603  
[parentvoice@roseroad.org.uk](mailto:parentvoice@roseroad.org.uk)



### ADHD/ASD/SEN Time Out Support Group

Run by two parents, this group meet on the first Tuesday evening of each month, 8pm at The Ship Inn, Ship Lane, Farnborough, GU14 8BE.  
[adhvertimeout@outlook.com](mailto:adhvertimeout@outlook.com) [www.facebook.com/groups/1473330899637011](https://www.facebook.com/groups/1473330899637011)

### Mustard Seed Autism Trust

This is a small local charity, based in Rushmoor and Hart, that offers an holistic approach in dealing with the complex needs of families living with autism. Their service is free and aimed at families with children on the autistic spectrum aged between 3 and 11 years but they do currently have a waiting list. Parents are able to self refer, simply take a look at their website for more info or contact them. [www.mustardseedautism.co.uk](http://www.mustardseedautism.co.uk) or call 07980 636413.



### Early Years Support services/programmes

If you have a child under 5 with additional needs and you meet the criteria for the service, you will be able to gain help and advice from a support worker. Check your council's website for more info and contact details. Hampshire: [www.hants.gov.uk](http://www.hants.gov.uk)

### Basingstoke Autism Support Hub

A community organisation providing activities and support to families with Autistic Spectrum Disorders and related conditions.  
[www.autismsupporthub.com](http://www.autismsupporthub.com)  
[help@autismsupporthub.com](mailto:help@autismsupporthub.com)

### NAS South Hampshire Branch

The NAS South Hampshire Branch organises various events including a family youth group, a social group for older teenagers/adults, parent/carer support meetings, Lego club and other activities too.  
[www.shantsnas.org.uk](http://www.shantsnas.org.uk)

### NAS Surrey Branch

The Surrey Branch run a variety of meetings, talks and activities for families with children and adults with autistic spectrum disorders. Their informative newsletter is sent out every 2 months.  
[www.nassurreybranch.org](http://www.nassurreybranch.org)  
[info@nassurreybranch.org](mailto:info@nassurreybranch.org)

### Education and Support

**SpecialNeedsJungle** have some brilliant, easy to read resources:

[www.specialneedsjungle.com/sen-reforms/send-reforms-resources/](http://www.specialneedsjungle.com/sen-reforms/send-reforms-resources/)

**SOSISEN** website has lots of useful information and great resources

[www.sossen.org.uk/](http://www.sossen.org.uk/) Helpline no: 020 8538 3731. Their advice centre is in The Games Shop, Aldershot, usually on the 2nd Tuesday of each month, 10.15am - 12.15pm. Check their website for other dates.

**IPSEA** (their website is full of useful info too):

[www.ipsea.org.uk/](http://www.ipsea.org.uk/) To speak to someone, you will need to book an appointment via the website.

### Challengers

With play & youth schemes in various locations across Hampshire and Surrey, it's worth checking out the Challengers website for more info. They also run family fun Sundays at the Farnham playcentre, for families to just turn-up, it costs £4 per child & siblings are welcome. (There's also a Challengers fun swim session at Guildford Spectrum one Saturday every month).  
[www.disability-challengers.org](http://www.disability-challengers.org) / 01483 579390.



### Gordon Brown Activity Centre

Although not specifically for those with additional needs, some Zone families have tried their activity days with great success. They are happy to discuss individual children's needs and arrange 1:1 staffing if needed (their website says special needs includes any child receiving 1:1 support at school, attending an SEN school or unit within a school or having a medical condition). Call them on 01256 762824 for more info.  
[www.thegordonbrowncentre.org.uk](http://www.thegordonbrowncentre.org.uk)

### Parent Action Group for Special Play

PAG is a local charity for families with special needs. They run regular events (MADD club; music, art, dance and drama), so take a look at their website for more info,  
[www.pagforspecialplay.co.uk](http://www.pagforspecialplay.co.uk)  
 or call them on 01252 837112.



### KIDS Rushmoor

This playscheme is based at Samuel Cody School where children and young people, aged 8 - 19 years, can choose from a variety of fun and exciting activities and workshops. On-site days are £15 and trips out are £20.

You can book directly but you need to have a Gateway card (see page 2 for details.) Places are allocated as fairly as possible and cancellation/waiting lists are in use.

[www.kids.org.uk/Event/rushmoor-playscheme](http://www.kids.org.uk/Event/rushmoor-playscheme) Contact Carmen Davis on 07827 989316 or [carmen.davis@kids.org.uk](mailto:carmen.davis@kids.org.uk) \*\*Please be aware if your child has not accessed KIDS before they will need to complete the relevant paperwork prior to their attendance.\*\*



### Parkside

Based in Aldershot, Parkside run schemes, including Saturday Scene, fortnightly 10am - 12.30 for those aged 6 - 12yrs. Summer playscheme runs for 5 weeks in the holidays, for those aged 6 - 19yrs. After School Club on Mondays from 3.30 - 7pm Our Zone on alternate Saturdays, 9.30am - 12.30, for 12 - 18 year olds. All participants require a HCC Gateway Card.

There's also the Fab Café in Farnborough Library, open Monday to Friday 10am - 4.

[www.parksidealdershot.co.uk](http://www.parksidealdershot.co.uk) / 01252 313 103.



### Great Opportunities! Club

The GO! Clubs are for children with additional needs and their siblings. The sessions are to provide parents/carers with some respite time. Fleet club for those aged 8 - 18 years and the Fleet Mini's is for 3 - 8 years. Both clubs are held upstairs (there's a lift!) at Hart Leisure Centre, 2.30-4.30pm, every other Saturday during term-time.

Aldershot club for those aged 5 - 18 yrs, at Connaught Leisure Centre on Thursday's 4-6pm. Basingstoke club is for those aged 8 - 18 years and the Basingstoke Mini's is for 3 - 7 years. Both are held at Everest Community Academy on alternate Saturday's, 2-4pm.

For more info, call 01256 636288 or go to [www.greatopportunities.org.uk](http://www.greatopportunities.org.uk)



### Local Offer

All local authorities are required to have a Local Offer website available for families to access information about services relating to special educational needs, disabilities, education and more for those aged 0 - 25 years.

Hampshire's is at [www.hantslocaloffer.info](http://www.hantslocaloffer.info) or email [parentvoice@roseroad.org.uk](mailto:parentvoice@roseroad.org.uk) / 0300 303 8603. Surrey's is at: [www.surreysendlo.co.uk](http://www.surreysendlo.co.uk) or [localoffer@surreycc.gov.uk](mailto:localoffer@surreycc.gov.uk)

If there is something specific that you are looking for but cannot find, contact them and ask!



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We're on the web:

[www.The-Zone.org.uk](http://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](http://www.dimensions-uk.org) or you can talk to staff at your local participating cinema. Please check website for screenings in case of changes.

### 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](http://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](http://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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