



# Zone-Info!

The-Zone! newsletter, free for those who want to know what we do for local families with additional needs

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

Issue 1

April/May 2014

## Inside this issue:

Diary dates 2 - 3

Zone-In! 4

Rules @  
The- Zone! 5

Zone-Out! 6

Teen Zone! 7

Useful info 8

Forms:  
membership,  
booking &  
Funfest 9 - 11



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[www.facebook.com/  
groups/thezone2014](http://www.facebook.com/groups/thezone2014)

Twitter: #The-Zone!

## New name, new logo, fresh start!

As of the 1st April 2014, NAS Hart and Rushmoor Branch has officially changed to The-Zone!, an independent charity!

Although we have a new name and new logo, we have familiar trustees and committee members! The sessions at The-Zone! will keep to a similar format but we have decided to simplify the names to "Zone-In" sessions and "Zone-Out" events. We hope this will make it easier for families to know what is available and when.

If you haven't been to visit us for a while, please come along and give us another try!

Please complete the attached "About Our Family" form to be added to our new membership database and receive all our updates.

## Launch party

To celebrate our new status, we are having a launch party at our Fun Zone! session on 16th April. Join us for what we hope will be a day of fun with a cake to kickstart our new beginning—we will have party lunch, a cake to mark the occasion and new The-Zone! t-shirts available for the kids to personalise and hopefully provide them with a sense of belonging.

## Supported by Elvis!

We are delighted to have been chosen by Dave Hurrell to be his charity of the year! He and his wife have a whole year of fun, exciting ways to raise crucial funds for us and his brilliant Elvis gigs will of course be a huge part of this.



Please take the time to check out his website [www.echoesofelvis.co.uk](http://www.echoesofelvis.co.uk) for more information about what he does and do go along to his events and show your support if you are able to.

Elvis - we love you!



## The-Zone! photographer

We are excited to announce that the wonderful Karen Gater of Guardians Photography has agreed to be our official photographer at The-Zone! As a mum of a child on the spectrum we know that she will be great at getting pictures of our children without invading their space.

She'll be at our launch party to capture the event in photos and we look forward to sharing them with you.

[www.facebook.com/Guardians.Photography](http://www.facebook.com/Guardians.Photography) [twitter.com/Guardians\\_Photo](https://twitter.com/Guardians_Photo)

# April 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
X	1 <b>Zone-In!</b> Coffee Zone 9am - 12pm	2 <b>Zone-In!</b> After School Zone 3 - 6pm	3 <b>Zone-In!</b> After School Zone 3 - 6pm	4 <b>Teen Zone-In!</b> 6 - 8pm	5	6
7 <b>Zone Out!</b> Bowling in Farnborough 12pm	8	9 <b>Zone-In!</b> Fun Zone 10.30am - 2.30pm	10	11	12 <b>Zone-In!</b> Saturday Zone 10.30am - 2.30pm	13
14 <b>Zone Out!</b> Laser-Run 11am	15	16 <b>Zone-In!</b> Fun Zone & launch party! 10.30am - 2.30pm	17	18	19	20
21	22 <b>Zone-In!</b> Coffee Zone 9am - 12pm	23 <b>Zone-In!</b> After School Zone 3 - 6pm	24 <b>Zone-In!</b> After School Zone 3 - 6pm	25	26 <b>Zone-In!</b> Saturday Zone 10.30am - 2.30pm	27
28	29 <b>Zone-In!</b> DLA Zone 9 - 11am	30 <b>Zone-In!</b> After School Zone 3 - 6pm	X	All <b>Zone-In!</b> sessions are at:  <b>The-Zone!</b> Samuel Cody Specialist Sports College, Ballantyne Road, Farnborough, Hampshire, GU14 8SS.		

# May 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
X	X	X	1  <b>Zone-In!</b> After School Zone 3 - 6pm	2  <b>Teen</b> <b>Zone-In!</b> 6 - 8pm	3	4
5	6  <b>Zone-In!</b> Coffee Zone 9am - 12pm	7  <b>Zone-In!</b> After School Zone! 3 - 6pm	8  <b>Zone-In!</b> After School Zone! 3 - 6pm	9	10  <b>Zone-In!</b> Saturday Zone 10.30am - 2.30pm	11
12	13	14  <b>Zone-In!</b> After School Zone! 3 - 6pm	15  <b>Zone-In!</b> After School Zone! 3 - 6pm	16	17  <b>Zone Out!</b> London Zoo Special Children's Day coach trip 8.15am - 6pm	18
19	20  <b>Zone-In!</b> Coffee Zone! 9am - 12pm	21  <b>Zone-In!</b> After School Zone! 3 - 6pm	22  <b>Zone-In!</b> After School Zone! 3 - 6pm	23	24  <b>Zone-In!</b> Saturday Zone 10.30 - 2.30	25
26	27	28  <b>Zone-In!</b> Fun Zone! 10.30am— 2.30pm	29	30  <b>Zone Out!</b> Donutting in Aldershot 11.15am	31	X  Next newsletter should be out during May half-term!

# Zone-In!

at Samuel Cody Specialist Sports College, Ballantyne Road, Farnborough, GU14 8SS  
At The-Zone! we have tea, coffee, juice and biscuits but donations of supplies are always welcomed. Please note the timings - we politely request that you do not arrive before the start time and that you leave by the end time as our setup/pack up routines are safer without children around.

## Zone-In! sessions

This is the new name for all sessions we hold at The-Zone! We hope that this will make it easier for families to know what to expect. All of our indoor equipment; games consoles (XboxOne, PS4, PS3, Wii's, Xbox360, handheld games; PSPs, DSIs, 3DSs) laptops and android tablets. Arts, crafts and beads, Lego, Duplo, wooden train track and HappyLand sets. We have plenty of tea, coffee, juice and biscuits too.



## Saturday Zone

Formerly Cyber Zone, on alternate Saturdays 10.30am - 2.30pm throughout the year. Check out the calendar pages for the dates. The cost is £2.50 per child and you are very welcome to bring along a packed lunch and stay for the whole session.

## After School Zone

Every Wednesday and Thursday after school during term-time, join us from 3 - 6pm. The cost is £2 per child.

## Fun Zone

Every Wednesday during school holidays, 10.30am—2.30pm. The cost will be £2.50 per child and you are welcome to bring a packed lunch with you. If the weather is nice we will have the outdoor space with a bouncy castle and go-karts too.

Our session on Wednesday 16th April is also our launch party, so there will be a party lunch and celebration cake provided! Please let us know you are coming so we have enough food :o)

## Coffee Zone! for parents

Our drop-in coffee sessions will be held every other week and are for you to come along to at any point and have a coffee, chat and take a look at the branch library. You can stay for as long or short a time as you like. There's always plenty of biscuits! Pre-schoolers are always welcome - there's usually a couple of babies/toddlers there each time.

If you need help with DLA forms or other paper work bring them along with you.



Hampshire  
County Council

## Hampshire funded activities!

Huge thanks to Hampshire Short Breaks  
Inspiring You funding as without their help we  
couldn't run these Zone-In! sessions!



Please remember our Zone Rules on **page 5**  
**you are responsible for your children at all of our activities and**  
**you must supervise them at all times!**

## Rules @ The-Zone!

Our aim is to support local people with autism and their families. As parents and carers of people with autism, we volunteer our time to ensure that this support reaches the local areas of Hart, Rushmoor and some of the surrounding areas. To help ensure that everyone gets the most from our activities, we would appreciate it if you would read and comply with the following:

### What you can expect from The-Zone! Volunteers -

- They will follow The-Zone! policies and procedures and fairly represent the charity.
- They will do all they can to create a safe & welcoming environment for all those attending The-Zone! events.
- They will treat all other volunteers and members with respect. Any physical, emotional, verbal abuse or rudeness towards other volunteers or members will not be tolerated.
- They will maintain confidentiality regarding The-Zone! volunteers, members and its work.
- They will be reliable. They will make it clear when and how they will be available and meet these expectations, or provide as much notice as possible if they cannot.
- They will respond to queries within agreed time limits.
- They will listen to all member concerns and respond appropriately.

### In return, we ask that all members -

- Treat all volunteers and members with respect. Any physical, emotional, verbal abuse or rudeness towards volunteers or other members will not be tolerated.
- Treat all property (including the venues we use) with respect and not deliberately damage anything.
- Communicate with The-Zone! volunteers. We ask that you tell us if you have any concerns and respond to our questions or queries within the agreed time limits. This includes ensuring that you pre-book for all events and telling us how and when you will cover the cost (if there is one).
- Supervise and be responsible for their children at all times. As a result, you must do all you can to ensure that your children also follow this code of conduct.
- Pay in advance for events when booking places (for Zone-In! activities it is fine to pay on the day.)  
We can accept any of the following:

Cheques: made payable to "The-Zone!" and posted with a booking form to The-Zone!, 118 Fernhill Road, Farnborough, GU14 9DR.

Cash: at any of our Zone activities or through the door at the address above.

Paypal: whether you have a Paypal account or not, you can use your credit or debit card. Simply go to [www.paypal.co.uk](http://www.paypal.co.uk) and make payment to [paypal@The-Zone.org.uk](mailto:paypal@The-Zone.org.uk)

- Seek committee permission before taking photos at our events. If you prefer not to have your family photographed and their pictures used in our newsletter etc. please let us know.

If a member fails to comply with the above they may be asked to leave the event and may no longer be able to attend activities.

If a member has concerns over the conduct of a volunteer, these should be raised with the Trustees of The-Zone! (Nikki Smith, Carol Bulman and Gaye McGowan).

**By being a member of The-Zone! you agree to these rules.**

# Zone-Out!

## Bowling

On Monday 7th April at 12pm, we have hi-jacked 8 lanes at Farnborough Bowl for The-Zone! families to come along and join us for a game of bowling and maybe even get some strikes. The cost is £3 per person bowling and it's usually a really good fun session.

## Laser-Run

We've booked an exclusive use session at Laser-Run on Monday 14th April at 11am. The lights will be on low and the smoke machines will be off. The cost is £6 per person playing.

## Marwell Zoo Dreamnight

The annual Dreamnight for special needs families at Marwell Zoo is all set for 9th May, 6.15 - 9pm. We have successfully secured 60 children and 60 adult tickets for the event but as we know demand will be high, we have decided that those who didn't receive tickets via NAS H&R for last year's event and are in Hart and Rushmoor will get priority. Those who have received tickets from other charities/groups won't be eligible to be on our list too.

## London Zoo Special Children's Day

This year the dates have been set for 17th & 18th May. We have decided to go on Saturday 17th May. We will have two 100 seater coaches leaving from The-Zone! at 8.30am and then leaving the zoo at 4.30pm to get back to The-Zone! by 6pm. The cost is £11 per person, which includes a seat on the coach and a zoo ticket. Those under 3yrs are free.

The coaches have 3 point seatbelts, so you are welcome to bring car seats if you need to and we always have space for pushchairs.

## Donutting

In the May half-term we are going donutting on Friday 30th May at 11.15am. Places cost £6 per person donutting and it's always good fun whatever the weather.

**Please complete a booking form and make payment for us to confirm your places!**

## Autism Show, London

This year the Autism Show in London is on Friday 13th and Saturday 14th June 2014 at Excel Centre, London (10 minutes from Canary Wharf). The day has a variety of speakers, 1-2-1 clinics, sensory room, calm room, performances from Autism's Got Talent and the Autism Gallery. They are now open for booking and you save £5 if you pre-book instead of paying on the door. For more details of what's there and how to book, go to [www.autismshow.co.uk/london/](http://www.autismshow.co.uk/london/)



## Lions Funfest 2014

The annual Lions Funfest event will be taking place on Sunday 29th June, 11.30am—4pm at Yateley School, Yateley, GU46 6NW (if it rains, it will take place in a covered venue.) It's a fun packed day for people with disabilities, their families and helpers. The emphasis will be on music and fun, for people of all ages and abilities: with bouncy castles, roundabouts, steam trains and the usual sideshows. A booking form is attached! For more info, go to [www.lions-funfest.org.uk](http://www.lions-funfest.org.uk)



# Teen Zone!

## Teen Zone-In!

These sessions are especially for those aged 11 years+ who want to come along and play console games and socialise with those who are a similar age. On one Friday each month, 6 - 8pm we will have all the Zone-In equipment, as well as the Hexbugs and a tuck shop too! You may bring 12+ rated games but they must be approved by a committee member FIRST.

The cost will be £2 per child & money for the tuck shop. Parents need to stay at these sessions but it's a great opportunity to talk to others who understand life with a teen on the spectrum.

If there are specific games or equipment your teen would like us to purchase, let us know. We can't make promises but we always try.

## Teen Zone-Out!

These outings are a great opportunity for our 11 years+ members to socialise and be active together! The events are always varied and so far have included indoor go-karting, indoor climbing wall, Laser-Run session, an evening meal out at The Harvester, Go-Ape, Rock & Pop music fun, attending a wrestling match, watching an ice hockey match and even taken part in driving lessons!!

The cost of events always varies as it depends how much we are charged but we always aim to keep the price as low as we can.

We are still in the process of planning this year's activities (we're just waiting on funding) and then the fun will begin again.

If you or your teen have any great ideas for events, please do let us know and we will see what can be done.

Teen Zone has it's own Facebook group: [www.facebook.com/groups/TheZoneTeens](http://www.facebook.com/groups/TheZoneTeens)

it's own page on the new website: [www.the-zone.org.uk](http://www.the-zone.org.uk) & click on Teen Zone

e-mails can be sent to [Teens@The-Zone.org.uk](mailto:Teens@The-Zone.org.uk)

and it's own page in the newsletter!

We hope that these will make it easy for families to keep up to date with what we are doing.



These are just a few of the pictures taken at our Teen Zone-In! events... There will be many more to come!



118 Fernhill Road,  
Farnborough,  
Hampshire,  
GU14 9DR

07860 806 179

info@The-Zone.org.uk

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!

### GP training resource

The Royal College of GPs has announced that autism will be a clinical priority for 2014 - 17. A specific program will be rolled out to increase understanding of autism amongst GPs - something which is vitally important with GPs taking on more responsibility for deciding what services should be funded in the local area through Clinical Commissioning Groups (CCGs). It will also help to ensure GPs are more able to refer people for diagnosis, can offer more appropriate support and refer patients onto relevant support services.

### Special needs play sessions...

#### Runabout - Mondays 4 - 6pm

Some local parents have begun using Runabout for an adhoc special needs play session, on Mondays 4 - 6pm. The playspace isn't usually too busy and if they can get a good enough attendance then it may well become a special needs session, The cost is £5.35 and includes the meal deal option. Call 01252 370721 for more info.

#### Wizzy World special needs sessions

Every Monday, 4 - 6pm Wizzy World are running a session especially for families with a child with additional needs. It costs £3 per child including siblings (under 2's are free), food is available to purchase. It's for those aged 12 years and under and no proof of diagnosis is required. Call 01252 513001 for more info or to confirm sessions are running.

#### Monkey Mates in Wokingham

Special needs night once a month, on the first Friday of the month, 6-8pm and costs £2 per child. They are a friendly family run business and you can purchase hot and cold food. Check out their website [www.monkeymates.co.uk](http://www.monkeymates.co.uk)

#### Kids 'n' Action in Winnersh...

Special needs night for children of all ages and their families. Second Wednesday of every month. £5.45 per child (please bring diagnosis letter/proof of disability), adults and under 1's go free when accompanying a sibling. [www.kids-n-action.co.uk/KNA-CMS/play-areas](http://www.kids-n-action.co.uk/KNA-CMS/play-areas)

### SOS!SEN - independent special educational needs advice

There's now a new look website and an evening helpline service one night a week too. The SOS!SEN helpline, 020 8538 3731, is available between 9.30am and 12.30 and between 2pm and 5pm.

The helpline will be closed on the following dates:

Easter - 7th to 21st April 2014

Bank Holiday - 5th May 2014

Half Term - 26th to 30th May 2014

For more details and lots of other useful info, go to [www.sossen.org.uk](http://www.sossen.org.uk)

This is the newsletter of The-Zone! a local charity (charity no. TBC) 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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