



Zone-Info!

The-Zone! newsletter, for families with additional needs

www.The-Zone.org.uk

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Get in touch

Chair person:

Nikki Smith

Nikki@The-Zone.org.uk

118 Fernhill Road,
Farnborough, GU14 9DR

Treasurer:

Kaleigh Woolford

can be found at various
Zone events

Secretary:

Sharon Sutcliffe

07860 806 179

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

[Secretary@](mailto:Secretary@The-Zone.org.uk)

The-Zone.org.uk

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

Twitter: #The-Zone!

Issue 8

April - July 2016

Trustee and committee news...

Carol has taken the decision to resign as Chair and from the committee, so Nikki will take over as Chair again. Therefore we also have a new Treasurer, Kaleigh Woolford (as Karen Smith cannot remain as Treasurer as she's related to the Chair!)

We really do need some willing volunteers to step-up and join the committee - I promise we won't rope you in too much, but we do need parents who are able to attend a committee meeting once every other month and are able to help support the running of The-Zone! Can you run a Teen Zone-Out event? Or a night out for the parents? Do you have great ideas you could put into action to help us raise funds?

Huge thanks to...

We are very grateful to Bev at Hair 100, the hairdressers in Giffard Drive, Farnborough, for organizing an Easter raffle that raised a brilliant total of £160 for The-Zone! They also displayed our poster and gave out newsletters to anyone who was interested, too.

Thank You!

Book amnesty!

We are in the process of updating the book library and making it more accessible at Zone-In sessions, so we'd like to take this opportunity to collect all of our books back in and just make sure we aren't missing any crucial titles or have any well-loved books that need replacing. Please return them to Zone events or contact Nikki to arrange an alternative time/place.



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 who have children on the autistic spectrum and with similar issues.

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



www.The-Zone.org.uk

Our website is kept as up to date as possible, so please do check the site calendar page to make sure drop-in 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 (16th April, 14th May, 11th June, 9th July and then they stop for the Summer holidays), 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 (22nd April, 20th May, 17th June, 15th July and then they stop for the Summer holidays), 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 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 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 Gateway card number - we can add it to our database and we won't nag you for it again! It is really important that we know numbers for our HCC funding forms.



Hampshire
County Council

Hampshire funding! Huge thanks to Hampshire Short Breaks funding as without their support we couldn't run these sessions! We have just received HCC funding for 2016-17 - Yippee!

April 2016

Saturday 16th
10.30am - 2.30pm
Saturday Zone-In!

Friday 22nd
6 - 8.30pm
Teen Zone-In!

Saturday 23rd
11am - 1pm
Zone-Out! @ Miller's
Ark Farm in Hook

Monday 25th
9.30am - Coffee at
Starbucks @
The Village

May 2016

Wednesday 4th
9.30am - 11.30pm
Information-Zone!

Thursday 12th
9.30am - Coffee/
breakfast @
Frankie & Benny's in
Aldershot

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

Friday 20th
6 - 8.30pm
Teen Zone-In!

Saturday 21st
5 - 6.30pm
Zone-Out! Soft play
at Farnborough
Leisure Centre

Monday 30th
11 am
Zone-Out! Bowling @
Farnborough Bowl

June 2016

Wednesday 1st,
10.30am - 2.30
Fun Zone-In!

Saturday 4th
6.30 - 8.30pm
Teen Zone-Out! @
Jake's at Tri-Lakes

Wednesday 8th
9.30 - 11.30pm
Information-Zone!

Saturday 11th,
10.30am - 2.30
Saturday Zone-In!

Monday 13th,
9.30am
Coffee @ The Tea Shop
Around The Corner,
Camp Rd, Farnborough.

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

Saturday 18th
1.30 or 3pm
Zone-Out Messy Moos

July 2016

Wednesday 6th
9.30am - Coffee/
breakfast @
The Tilly Shilling,
Farnborough

Saturday 9th,
10.30am - 2.30
Saturday Zone-In!

Wednesday 13th
9.30am - 11.30pm
Information-Zone!

Friday 15th
6 - 8.30pm
Teen Zone-In!

Monday 25th
5 - 8pm
Zone-Out! @
Jake's at Tri-Lakes
soft play & farm!

Wednesday 27th,
10.30am - 2.30
Fun Zone-In!

**Booking your places**

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.

**Places for Zone-Out events
must be booked at least 5
days before the event!**

If cost or transport is an
issue, please talk to Nikki -
we may be able to help.

August Summer Fun Zone-In's
3rd, 10th, 17th, 24th & 31st!

Miller's Ark - this is a session for Zone families to be at Miller's Ark Farm when it isn't too busy. There's still a few spaces available, so book your places quickly! £5 per child and £3 each adult.

Soft play session at Farnborough Leisure Centre - exclusive use of the play area. Places are limited. The upper age limit is 10 years. The café shuts at 5.30pm. Price is £4 per child.

Messy Moos - those who attended the trial session in March will know the fun that can be had with lots of things to play with and explore. Remember to dress everyone for lots of mess! £6 per child.

Teens at Jake's @ Tri-Lakes - just for the teens (aged 11yrs +) to play in. There will be a couple of games of Laser-tag & time to just be big kids! Price is £12 per teen including a hot meal. If there's any places left, the adults are very welcome to join in too!

Bowling - we have booked 8 lanes at Farnborough Bowl. The cost is £3.70 per person bowling.

Jakes' Tri-lakes - we have 3 hours exclusive use of the whole of Jake's soft play and the farm! This evening is for children aged under 11 years. We'll have soft play for the first 90 minutes, then the kids can have their hot meal and afterwards we can go outside to feed the animals and play for the last hour. £13 per child, adults are free.

A few photos of the fun we've had since the beginning of the year!



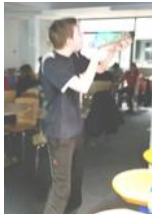
The first Zone event of 2016 was our exclusive use session at the soft play area in Farnborough Leisure Centre on 9th January. We all had a fantastic time climbing up and down the three levels and are looking forward to doing it again.



Our Saturday Zone on 23rd January we had the lovely Cuddly Cavies guinea pigs joining us - we promise they will join us again as soon as they can.



Then we had an incredibly busy February with our first Teen session at Jake's soft play & laser battle on 13th - it was hard work (just ask the adults who joined in!) but well worth it and the next session is already booked!



On Tuesday 16th, we went to Just Ceramics in Fleet to create some unique masterpieces - it was great to see the concentration involved and the finished items were brilliant!

The 17th had us at our very late addition event, at Winchester Science Centre. Some went on a huge 100 seater coach and others met us there. A brilliant evening of hands on fun was had by families from all over Hampshire and the planetarium show was excellent too!



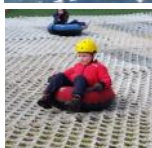
On Thursday 18th we had a quick game of bowling at Farnborough Bowl - it was a great atmosphere and so friendly too!



Our March Zone-Out sessions began with RunAbout on Saturday 5th March. There was plenty of climbing, sliding, running and some yummy food towards the end too!

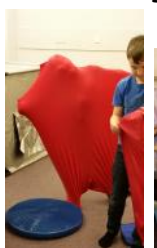
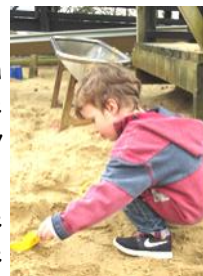


Messy Moos gave us a fantastic sensory/messy play afternoon on 12th March; we have a tremendous time with rainbow coloured shaving foam, coloured noodles, slime, cornflour gunk, fruit skewers (very yummy!) and lots of food and ice cubes to explore. The feedback was positive and we're booking more sessions!

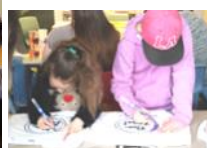


The Easter holidays began with Bank Holiday Monday, 28th March, donutting and on the X-bobs at Alpine Snowsports in Aldershot. We had exclusive use of both slopes and they were incredibly popular! There were some very red faces coming back up the hill - but a huge well done to the parents who carried children and pulled up multiple donuts.

Then it was our exclusive use day at Thames Valley Adventure Playground on Monday 4th April. It was brilliant to have the whole place to ourselves, where we had fantastic fun in the soft play area, on the bikes and go-karts, in the sensory room, on the zip wire, in the huge sand pit and so much more!



The Easter Fun Zone session on the 6th saw terribly wet and miserable weather, which sadly meant no outdoor space, but inside we had all the usual equipment and a small room with some of the sensory equipment; the 2 dark dens, UV lanterns and UV toys, the BodySox, vibrating pillows, wobble cushion, weighted blankets and lap pads and various other things too!



Information-Zone!

We are planning to start running a monthly drop-in session at The-Zone! The dates are set for Wednesday's on 4th May, 8th June and 13th July, from 9.30am to 11.30am.

The plan is to give parents/carers the chance to come to The-Zone without their children, whether it's to meet us for the first time, to bring along your DLA form for us to read through/help with, browse through our library books or discover our collection of sensory toys. Nikki and Kaleigh will be there, with plenty of tea, coffee and biscuits, so come along and meet us, pick our brains or simply take a look around The-Zone.

We will have access to the entire resource library - all of the books we have acquired over the years, which you are welcome to borrow. Please tell us if you know of a good title that we should add to the collection. We also have a few weighted items (blankets and lap pads) in the library too, so come and see if you think they would benefit your child before purchasing one.



Funfest 2016

On Sunday 26th June 11.30am to 4pm, at Yateley Manor School, 51 Reading Road, Yateley, GU46 7UQ. This annual event is a fun packed day for people with disabilities, their families and helpers. The emphasis is always on music and fun, for people of all ages and abilities: with bouncy castles, roundabouts, steam trains and the usual sideshows. Access for wheelchairs is available both on the field and in the covered venue area. There will be plenty of Lions & Lions Partners available to help in any required capacity. Food on the day will be a BBQ, selling beef, vegi-burgers and hot-dogs - these cost £1 each. Filled rolls will also be available at 50p each. We are sending out the registration form with this newsletter. For more information or to download the registration form, go to www.lions-funfest.org.uk



Special Children's Day at London Zoo & Whipsnade Zoo

This year the London Zoo weekend dates are 7th & 8th May and Whipsnade on the 18th June. Special Children's Day is a unique annual event at ZSL London Zoo and Whipsnade, welcoming children with special needs and their families and friends. Once you've purchased your tickets (adults are £13.25 and children are £9, one carer free per disabled child and under 3's free) all activities are free and all zoo visitors are welcome to join in the fun! (this event is not exclusively for special needs families.)

Go to www.zsl.org/zsl-london-zoo/whats-on/special-childrens-day

Please note: we are not planning a Zone outing to the zoo this year.



Autism Show

This year's event is on 17th - 18th June 2016 at the ExCel Centre in London. Tickets online cost £13 for adults, £12 concession, children under 16 are free. There is also a booking fee of £1.50, www.autismshow.co.uk



Mencap's Wills and Trusts Service

Mencap provide various free services, including a 2 hour seminar called "planning for the future" and advice about how best to make a will and set up a trust. For more information go to www.mencap.org.uk/willsandtrusts or call 020 76966925

Mental Health Awareness week

This years mental health awareness week is 16th - 22nd May. To find out more information or to find out what events are taking place locally, go to

www.mentalhealth.org.uk/campaigns/mental-health-awareness-week

Did you know...

Blue Badge parking permit

If your child receives the higher rate of Mobility for Disability Living Allowance they are entitled to a Blue Badge to park in disabled spaces. You may be able to apply and go through further assessments if you feel your child/young person is entitled but doesn't qualify immediately with their DLA award. The current cost of applying is £10.

For more details or an application form contact:

Hampshire: www3.hants.gov.uk/bluebadge.htm or call 0300 555 1376.

Surrey: www.surreycc.gov.uk/roads-and-transport/parking/blue-badge-scheme or call 0300 200 1003.



Continence Service and nappies for those on DLA

If your child is more than four years old and still needs nappies, talk to the relevant health care professional, for example your health visitor or GP, and find out if your child meets the criteria for nappies from the continence service. Your child may need to be in receipt of DLA.

Continence issues:

ERIC (Education and Resources for Improving Childhood Continence) is a national children's health charity dealing with bedwetting, daytime wetting, constipation and soiling in children and young people. ERIC provides information, support and resources to families and health professionals on bladder and bowel problems. For more info, go to www.eric.org.uk or call 0845 370 8008.

Kylie & Kanga sell a range of products, such as absorbent underwear, mattress protectors (including ones that cover the whole mattress and zip shut) and absorbent bed sheets.

For more details, go to www.kyliekanga.co.uk or call 0115 9786 111.

Fledglings sell various useful products, including swimwear suitable for those who still need nappies/have accidents. For more info go to www.fledglings.org.uk and take a look at their products - they sell all sorts!

Breakdown Service

With most breakdown services (the AA, RAC, Green Flag etc.) if you are a member make sure you tell them that you have a disabled child/adult so that they make a note on their system and then remind them you have them in the car when you ring for assistance, as they will make your call out a priority! Hopefully you won't need to use this, but it's good to know just in case.



Hampshire yellow cards

A yellow card is sent to you when you register your child as disabled with Hampshire County Council. It gives a very brief description of your child's additional needs and some places accept it as proof of disability/entitlement to get a carers pass at events or attractions. To obtain a free card for your child, call Hampshire Council on 0845 603 5620.



Cerebra lending library

Cerebra's postal lending library of books on topics relating to neurological conditions, media (DVDs) and sensory equipment, such as fibre optics and the ever popular Sensory in a Suitcase. Anyone in the UK, can borrow items from our library and it's free to return them by using our freepost address for books or a courier service that they arrange for you for sensory equipment. You can borrow two books at a time and one sensory item for a month at a time. A catalogue can be downloaded on their website or give them a call on 0800 328 1159 to request a paper copy.

www.cerebra.org.uk/help-and-information/library



Dentists

If your child has special needs and cannot be seen by an ordinary dentist, ring the Dental Enquiries number on 0845 0508345 and ask for details of your nearest Community Dental Team that deals with special needs children. You can self-refer or ask your GP or current dentist to do so.

For more details go to www.solent.nhs.uk



Shoe laces!

If shoe laces are a problem but Velcro is not an option, try looking at these alternatives:

Greeper laces are designed to replace ordinary laces and never come undone again! They are easily tightened or loosened without loose ends to be tripped over. They also have a set with Thomas the Tank engine on! www.greeper.com Priced from £7.50 per pair.



Self tying shoe laces are simply coiled elastic laces that do not require tying. Available from various places including Ebay and Amazon, usually around £3 a pair plus p&p.

Hickies replace the laces and mean that no tying is needed - they can be customised to be regular, tight or loose, just see how on their website at <http://uk.hickies.eu> They cost around £12 plus p&p.

Shoe fittings / foot measuring

Clarks sell a foot measuring gauges kit that has been specifically developed for home measuring and fitting. You can purchase these from their website (£8 for toddler/£10 for junior) and then measure your child's feet accurately at home, hopefully taking some of the stress out of needing new shoes. For more details or to buy a kit, go to www.clarks.co.uk/measureandfit



Sleep issues

If sleep, or the lack of it, is an issue for your child then try looking at the sites below, which gives lots of ideas on the cause of the sleep issues and different things to try and improve the situation. Failing all of these, talk to your paediatrician.

The NAS website:

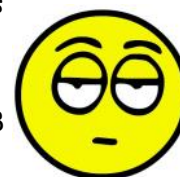
www.autism.org.uk/about/health/child-sleep.aspx or call the Autism Helpline on 0808 800 4104.

Cerebra Sleep Service:

If you just have a question/query, then contact the Cerebra sleep assistant on 01267 244210 or e-mail sleep@cerebra.org.uk and they will get back to you. For more information on their sleep service, go to www.cerebra.org.uk/help-and-information/sleep-service

The Children's Sleep Charity:

www.thechildrenssleepcharity.org.uk or call 01302 751 416.



Annual Pass

If you are frequent visitors to any or all of the Merlin attractions, you may be better off purchasing an annual pass. The price is £129 for a disabled pass + free carers pass for 12 months unlimited entry. Both passes have to have the child's photo so that the pass can only be used by the child, but the carer's pass is transferable between parents/carers as long as they are with the child. Go to www.annual-pass.com for more info.

Young Carers

Young carers are children who help look after a member of the family who is sick, disabled or has mental health problems, or is misusing drugs or alcohol. The Hart & Rushmoor project is contactable via Hart Voluntary Action on 01252 815652.

For more info, take a look at www.hyca.org.uk - you can also find young carers projects within other areas of Hampshire on the above website too.



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GU14 9DR

07860 806 179

info@The-Zone.org.uk

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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