



June Newsletter

Welcome - Our first Newsletter!

We are trying to get as many autism events, activities and information within Moray, Nairn and surrounding areas, across to as many individuals, families and carers as we can. This will include both NAS related and non NAS related news. We would love to achieve this and we need your help. Feel free to pass this eNewsletter to anyone who it may be of interest.

We are also developing our branch to be age inclusive and cater for where demand is. If you feel there is something missing which you would like to see happen, please let us know. Equally, if you know or hear of anything happening in our area which is worth mentioning, please get in touch with us. How frustrating is it when you hear yourself saying, 'I wish I'd known about that'?

Remember, branch membership is FREE and only takes a moment to fill in the membership form [here](#). This way, if you wish, we can add you to our emailing list and keep you up to date with all the news.

Update: We will hopefully be bringing you some more great news shortly which we will keep you updated with. An exciting new development involving The Oakwood Cookery School in Elgin. Look out for this on the Facebook page, website and the next edition.

It's that time of year where some of you will have been dealing with the daunting task of transition in moving schools or onto adult services. This can be a difficult time. For those in need of advice, NAS offer advice with this. You can contact them [here](#) or call them on 0808 800 4104

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Supporting autism in our community.



Why campaign?

Campaigning can bring about changes on almost anything.

If you have any ideas, concerns or simply wish to highlight what works, we would love to hear from you.

We can campaign:

- ◇ to improve a service
- ◇ to stop a service closing
- ◇ for new services to be developed
- ◇ for better training for professionals
i.e. teachers, police officers , medical professionals

“Too many people still feel isolated and find it difficult to access activities which cater for their individual needs.”

Swimming Club Dates @ Moray Leisure

- 28 June 6-7pm
- 19 July 6-7pm
- 16 August 6-7pm
- 13 September 6-7pm
- 11 October 6-7pm



Swimming Club

Our swimming club at Moray Leisure is proving to be a popular activity and just one example of how we aim to make things easier. Creating a relaxed environment, exclusively for branch members, siblings and open to all ages, brings huge comfort knowing there’s 100% understanding from everyone there. It is also a very quiet time at the venue, including the changing areas which works well for those with noise sensory issues. No music is played during the session and all staff are fantastic with our group.

We were approached by staff member and swimming instructor Kevin Anderson for additional training to pass onto staff and kindly offering instruction during our session. Mentoring will be available for some of the sessions to those who want it. These sessions will be listed on the website.

We would also like to bring to your attention, as we move into lighter evenings, that light sensory issues may be a problem to some as the sun reflects very brightly on the surface of the pool.

Cost for anyone entering the pool is £1.00

Everyone **MUST** complete a Branch Membership form prior to the session and inform the branch of their attendance, by email MorayandNairn@nas.org.uk or calling Glyn Morris – Branch Officer 07779 000203

Moray Leisure operates a 2:1 parent/child ratio for children 8 and under.

NB THESE ARE NOT DROP-OFF EVENTS – Parents/Carers MUST supervise their children or individuals in their care who require assistance at all times throughout the session.

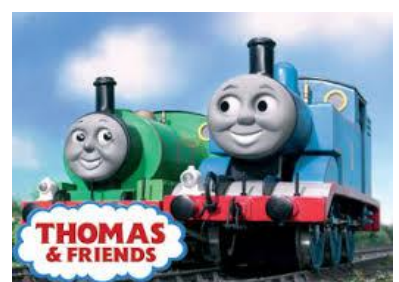
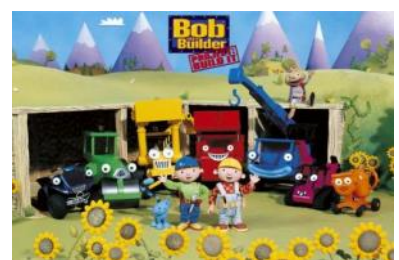
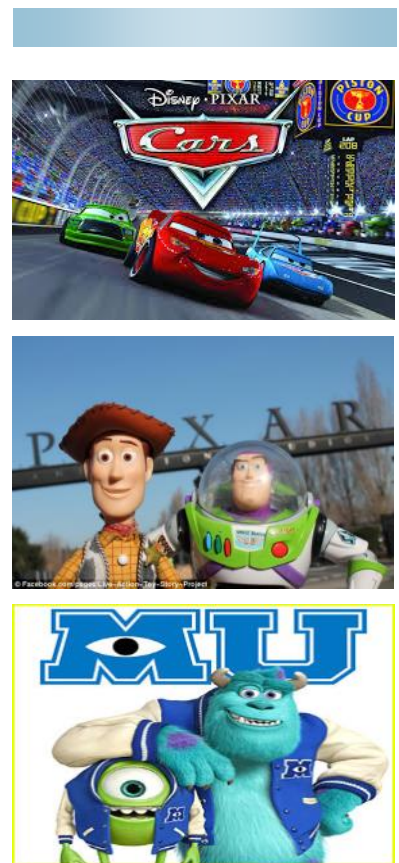


Autism Friendly Showings
At the Moray Playhouse

What are the difference between Autism Friendly Showings and Regular Showings?

The lights will stay up
The audio levels will be lower
No adverts or trailers
Free to move around

All Tickets £4 Sunday 29th June



Promote, support and enjoy your local cinema!

Last month we wrote to The Moray Playhouse asking them to consider screening autism friendly films.

Many find it difficult, sometimes impossible to travel longer distances such as Inverness or Aberdeen .

Followed up by a successful meeting, we are to delighted to say Moray Playhouse are going to be screening not one but two films on the last Sunday of each month. To have two films on the same day will be a UK cinema first.

This is about changing the environment to suit the individual's needs (not the other way around). Please support, promote and enjoy. This is your local cinema offering a refreshing, ethical and welcoming approach, to enable a minority group enjoy what many take for granted.

Well Done The Moray Playhouse!

Films to be announced soon and this is where you can get an input. What films would you love to see?

Get in touch with your requests.

Parent Support Groups

Forres Drop In Group

Auchernack

High Street

Forres IV36 1DX

Tel: 01343 543451

11 June 10am - 12pm

Moray Information

Sensory Needs Parent Seminar NAS Scotland Family Programme

5 June 10:00 am – 2:30 pm @ Forres Town Hall



Postponed. New date to be confirmed.

Sensory Needs is one of the Autism Seminars for Families which provide information and advice to parents and carers of children affected by autism. The seminar will support families to: consider sensory systems and how effective these may be, examine how sensory information may be processed differently, discuss how people with autism may experience different senses, suggest support strategies, and will provide a resource pack of information. Families can book two places on a one day Sensory Needs seminar for free which includes a full resource pack of useful information, advice and support guidelines. Sensory Needs is delivered by experienced and trained professionals of The National Autistic Society (NAS). Hot and cold beverages will be provided, please bring a packed lunch.

[Click here for more info and to book your free place.](#)

Moray Lego Club



Every Saturday 10.30am- 12.30pm

@ Moray Art Centre

The Park, Findhorn, Moray, IV36 3TA

There is also an area provided where parents and siblings can meet during the session.

For more info please call 01309 692426

New Parent Support Groups

Buckie Group

1st Tuesday of the month

@ Emma's Coffee Shop

10am - 12pm

Elgin Group

1st Thursday of the month

@Elgin Academy, Community Room

10am - 12pm

Keith Group

1st Friday of the month

@Boogie Woogie Coffee Shop

10am - 12pm

For more information please contact
Lesley Bell - Moray Autism Development
t. 01343 557900

Fundraising

As the branch is self funding and is run completely by volunteer parent/carers, we are always looking for new ways to raise funds for the branch.

If anyone has any ideas or would like to do some fundraising, we would greatly appreciate it.

All donations and money raised for our branch will be used to support our members.

Also, If anyone knows of any business who would love to have one of our collecting tins then please get in touch.



Special thanks to Heather Jarman for raising a fabulous £50 from the sale of her very creative hand knitted flowers. Thanks Heather.



Be an amazing community fundraising volunteer!

You will help raise vital funds whilst having an amazing day for autism. Whether it's a cake sale, sponsored head shave or a cocktail party, no matter how big or small your fundraising activity your support will make a massive difference to the lives of those living with autism.



Jack Morley 1963 - 2014

We heard of the sad news that Jack Morley, one of the founder members and treasurer of the former family support group Autism in Moray, passed away suddenly last month. Jack was an inspiration to many and was extremely passionate in helping support individuals and their families throughout Moray. The group, during their time, offered a wide range of activities, trips to Landmark and even a trip to Butlins in Ayr. They also held an Autism Awards Night for service providers in the community. There was a huge turnout at his funeral and those attending were encouraged to wear bright and cheerful colours. The number of people who were there was a reflection of how much he squeezed into an amazing 51 years.

Our sincere thoughts go to Jack's wife Linda and children, Alison and Ian.

Autism Friendly Cinema

Eden Court Cinema AF Screening

Escape From Planet Earth (U)
14 June @ 2:00 pm – 3:25 pm
Run time: 86mins

On Earth, the dastardly General Shanker is imprisoning aliens in Area 51 and forcing them to work as slave labour. When the universe's greatest hero is captured it's left up to his weedy, timid brother Gary to come to the rescue!

[Click here](#) to book or call Eden Court box office 01463 234234

Vue Cinema , Inverness AF Screening

The National Theatre Live:
The Curious Incident of the Dog in the Night-Time (15)
3 June @ 7pm
Run time: 160mins

Mark Haddon's celebrated, multi-award-winning novel is beautifully and imaginatively adapted into a stage play for the first time. Part of National Theatre Live – the best of British theatre broadcast live to cinemas world-wide. Christopher, fifteen years old, stands beside Mrs Shears' dead dog, Wellington. It has been speared with a garden fork, it is seven minutes after midnight and Christopher is under suspicion. He records each fact in his book to solve the mystery. He has an extraordinary brain, exceptional at maths but ill-equipped to interpret everyday life. He has never ventured alone beyond the end of his road, he detests being touched and he distrusts strangers. But his detective work, forbidden by his father, takes him on a frightening journey that upturns his world.

[Click here](#) for more info.

Highland Information

ICT & Inclusion
Free exhibition of
technology to assist
students with Additional Support Needs
Kingsmills Hotel, Inverness June 10, 2014 @ 8:45 am – 4:00 pm



[CALL Scotland](#) and [BRITe](#) have come together to organise two days of free exhibitions and demonstrations of hardware and software for students with additional support needs by a number of Britain's leading suppliers.

The focus of the days is primarily on the use of technology in schools and further and higher education, but the equipment and software on display will be of interest to anybody looking for information on the use of ICT to help people with disabilities.

For more info and to book your free place, [click here](#) or call 0131 651 6235

The Pines Coffee Mornings



5th June 10am – 12pm Barrie Forbes – Universal Child's Plan

19th June 10am – 12pm Informal

4th September 10am – 12pm Self-Directed Support (SDS)

18th September 10am – 12pm Informal

2nd October 10am – 12pm Angela Stewart – Promoting Positive Relationships

6th November 10am – 12pm George Normington – Citizens Advice Scotland

20th November 10am – 12pm Informal

4th December 10am – 12pm Christmas Drop In

For more details, please contact

Alison Footitt

Information Officer, Highlands

The National Autistic Society Scotland

The Pines, Drummond Road

Inverness IV2 4NZ Tel: 01463 720056

Alison.Footitt@nas.org.uk

NB: more details on what the sessions will include will be e-mailed out with the poster approximately a week before the session is due to take place.

Highland One Stop Shop June Newsletter Issue 12

Albion House, 28 Ardconnel
Terrace, Inverness, IV2 3AE



Telephone number: 01463 717649
Email: highlandoss@aiscotland.org.uk
Website: www.highlandoss.org.uk
One Stop Shop Manager: gill.maclennan@aiscotland.org.uk
Benefits/Employment Coordinator: kirsten.small@aiscotland.org.uk
Activities Coordinator: andrew.denovan@aiscotland.org.uk
Volunteer Coordinator: sarah.mackinnon@aiscotland.org.uk

The positive autism sharing box will be held at Albion House until 18th June.

Save a great June! First quarter 5th; full moon (Rose Moon) 13th; last quarter 19th; new moon 27th

Developments within HOSS

Badenoch and Strathspey

Gill will be down on Friday, 27th June—we are still in process of confirming a venue for our drop in however if you would like to arrange a meeting or a 1:1 appointment to find out more please contact Gill:

Email: gill.maclennan@aiscotland.org.uk or telephone 01463 717649.

Lochaber

Kirsten will be down on Thursday, 12th June—we are hoping to finalise details for a venue for our drop in, however we are available if you would like to meet up to find out more or wish to arrange a 1:1 appointment. Please contact Kirsten:

Email: kirsten.small@aiscotland.org.uk or telephone 01463 717649.

Skye and Lochalsh

Our next Skye drop in will be on Monday 9th June and will be held at the YMCA in Portree running from 2.30-4.30pm. If you would like more information or would like to book a 1:1 appointment please contact Kirsten:

Email: kirsten.small@aiscotland.org.uk or telephone 01463 717649.

Caithness

Sarah will be running our drop in session in Wick at the Pulteney Centre on Thursday 26th June, between 4 and 7 pm. Remember that 1:1 sessions are available should there be anything you would like to discuss. If you have any questions or want more info, please contact Sarah:

Email: sarah.mackinnon@aiscotland.org.uk or telephone 01463 717649.

Sexual Health & Relationship Workshop

Corrie Mclean from the Family Planning Association will be running a series of workshops for young adults during the summer. As an introduction she will be running the following sessions in June for general enquiries from those interested in attending as well as parents/carers and professionals.

9th June:

9—12pm: General enquiries and drop in
2—4.30pm: Professional session
6.30—8.30pm: Parent/Carer session

June 23rd:

9—12pm: General enquiries and drop in
2—4.30pm: Parent/Carer session
6.30—8.30pm: Professional session

If you are interested in attending, please contact a member of staff on 01463 717649 or highlandoss@aiscotland.org.uk

Cromdale

Short Activity Breaks

We have partnered up with No6 OSS in Edinburgh and No 3 OSS in Perth to run some free short activity breaks.

These breaks will consist of 3 days and 2 overnight stays at Cromdale Outdoor Centre which is near Granttown on Spey.

We will be running 4 trips over the next year, June, Sept, October 2014 and March 2015.



If you are interested, and want to find out more, please speak to a member of staff.

www.highlandoss.org.uk

Please keep checking the website and our Facebook page for information and news on our drop-ins, courses, groups and events.

HOSS — Telephone Answering Service

Our new Admin Assistant, Colin Bramwell started in March and as of Monday, 5th May we are providing a dedicated telephone answering service on 01463 717649 between 10.30 and 12.30pm. Please note we cannot guarantee the phone will not be engaged, as it is a single line so only one call can be taken at a time. Please try again if the line is busy. What we are offering is the chance to speak to Colin to leave a message, to avoid having to talk to the answerphone. Colin will be able to answer brief queries, but can also arrange a 1:1 appointment with staff or a time for staff to call you back. We'd like to take this opportunity to welcome Colin to the team.

Socialeyes

Socialeyes is a programme that helps us to learn how to interact with other people in society including; starting a conversation, personal space, taking turns in conversation, keeping on topic and eye contact. For further information, please contact Lisa Sturgess: Lisa.Sturgess@nas.org.uk Tel: 01463 720056 Mobile: 07770646029.

Employment Group:

This group will run fortnightly on a Wednesday morning 10am-12pm and the first session will be 11th June. The group is designed to help build on the skills and confidence levels that are needed when looking for employment. The sessions will cover various topics including CV writing, interview skills, application forms, teamwork and how to job search. If you are interested in this group please contact Kirsten for more info.

Cinema Night—Thursday, 26th June. Time to be confirmed. If you would like to go to the Cinema—speak to Gill or Kirsten for suggestions of movies and we will confirm travel arrangements nearer the time.

Regular groups

Movie Matinee—1st Fri of the month
Music Group—2nd Tues of the month
Creative Writing—Tues every 2 weeks
Photography & Video Group—3rd Tues of the month
Art Group—Wed every 2 weeks
Gaming Group—Wed every 2 weeks
Open Discussion Group—Wed weekly
Walking Group—held during Saturday drop in
Women's Group—4th Wed of the month
Gourmet Lunch Group—Last Fri of the month

Drop-in

We have scheduled Drop-in times on the following days:
Tuesdays — 11am—5pm; Wednesdays — 12pm—8pm and Fridays — 12pm—5pm.

We also have our Saturday Drop-in on: **Saturday, 7th June — 11am-2pm.**

These are times when you can come in, meet people, use the computers, games consoles, play pool, sit and read or just relax and be yourself in a safe and friendly environment. We look forward to seeing you there!

Gourmet Group

Friday, 27th June at 1pm.

This month we will be going to **Pizza Express**—the cost of meals range from £4.95—£10.00 approx.

If you are interested in going please speak to a member of staff.

Nairn Play & Leisure Scheme

Every 2nd & 4th Saturday of the month
10am - 12pm at Grigor House, Nairn.

This is a club for children of all ages with additional needs, and their siblings, and parents.

A place for children to play, socialise and do crafts in a safe environment, and a chance for parents to chat.

Tea, coffee, juice and biscuits will be provided.

Please note this is not a drop off session, and parents are fully responsible for their own children.

For further details please contact Vicky on 07885521710, or Naomi on 07525264918

Here to help

Autism Helpline

Information, advice and support for people with autism, families, carers and professionals.

Welfare Rights Service

Advice and information on all aspects of social security benefit entitlement.

Community Care Service

Getting the help you need from social services departments.

(Mon-Fri, 10am-4pm)
0808 800 4104

Education Rights Service

Helping you get the education your child needs.

0808 800 4102

Parent to Parent Service

Confidential support service for parents of an adult or child with autism provided by other volunteer parents.

0808 800 4106

Autism Service Directory

UK-wide, online directory of autism services

www.autism.org.uk/directory

Signpost

Personalised information about autism to fit your own circumstances.

www.autism.org.uk/signpost

For further information, you can contact NAS Scotland at:

NAS Scotland
Central Chambers
109 Hope Street
Glasgow G2 6LL
Tel: 0141 221 8090
Fax: 0141 221 8118
Email: scotland@nas.org.uk
www.autism.org.uk/scotland

Other Information

Mood Bands

It's sometimes hard for someone to express their feelings to others. These mood bands are a very useful and indiscreet way to tell others how they feel.

www.moodband.co.uk

Amazing awareness bands are wristbands which use colour for the control of emotion for people on the autism spectrum.



Looking for advice on bullying?

Scotland's Anti-Bullying Service 'respectme' is a great resource tackling policy, practice and training. Covering Adults & Children.

Tel: 0844 800 8600 www.respectme.org.uk

Take A Break Scheme - Apply now!

TAKE A BREAK SCHEME REOPENS FOR FAMILIES RAISING DISABLED CHILDREN IN SCOTLAND

Take a Break, which provides much-needed short breaks for families caring for children and young people with additional needs, has re-opened after receiving further funding from the Scottish Government.

Click [here](#) for more details



Guardianship and Intervention Orders making an application

Guardianship and intervention orders provide legal authority for someone to make decisions and act on behalf of a person with impaired capacity, in order to safeguard and promote their interests. The powers granted under an order may relate to the person's money, property, personal welfare and health.

A guide is for carers who are concerned that the person they care for is unable to take action or make some or all decisions in relation to their finances, personal welfare or health, due to a mental disability or severe communications difficulties.

Click [here](#) for more details.

Parent to Parent Service

Would you like to receive confidential emotional support from another parent?

Parent to Parent (P2P) is a UK-wide confidential telephone service providing emotional support to parents and carers of children or adults with autism.

The service is provided by trained parent volunteers who are all parents themselves of a child or adult with autism. Volunteers are based across the UK so you don't have to share information with someone in your local area. Our volunteers have personal experience of autism and the impact it has on their own families. They can give other parents the opportunity to talk through problems and feelings, suggest helpful strategies, or provide a non-judgemental listening ear.

How can I contact the Parent to Parent Service?

You can call at any time, day or night, and leave a message on our 24-hour answer phone. Please be aware that you will not speak to someone immediately as this is not a manned line. If you leave a message, we will call you back as soon as possible at a time that suits you, including evenings and weekends.

0808 800 4106 [For more info click here](#)

Free from landlines and most mobiles.



"I cannot thank the volunteer I spoke to enough. For the first time as a parent I felt understood. I have felt so isolated for such a long time."

CALL Scotland

Communication and Assistive Technology for People with Disabilities

CALL (Communication, Access, Literacy and Learning) Scotland is a small unit within the Moray House School of Education, The University of Edinburgh. The Centre is co-located with the Scottish Sensory Centre. CALL has been in existence since 1983, though our role has evolved and developed over that period. CALL is both a Service and a Research Unit. Service activity is limited by the amount of staff time available, but is open to anyone in Scotland concerned with communication difficulties, particularly in a learning context.

Click [here](#) for more details.



ASD Visual Aids aim is to support communication for children, young people and adults with social communication difficulties such as Autism. Research has shown that many children and young people with Autistic Spectrum Disorder are able to process visual tools more effectively than the spoken word. We have designed visual tools and solutions for home, care, work and educational settings that empower children and young people with these difficulties to effectively access communication.

t. 0800 622 6015 www.asdvisualaids.com

NAS Moray & Nairn Branch

Chair & Branch Officer

Glyn Morris

Treasurer

Ann-Maree Foley

Secretary

Sarah McKinnon

MorayandNairn@nas.org.uk

Phone: **07779 000203**

www.autism.org.uk

www.nasmorayandnairn.org

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