



# 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)

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Twitter: #The-Zone!

## Issue 2

June/July/August 2014

It's been a busy couple of months; we are now official with our new charity number (1156806), we've had a brilliant launch party that was great fun, many of our families thoroughly enjoyed the Marwell Zoo Dream Night event, we survived a long day at London Zoo and we made it into the local paper! Take a look at page 5 for more details and the photos.

### Sainsbury's Local Charity

We desperately need your help to try to become Sainsbury's Local Charity of the year for the Farnborough store! A year of their input would be absolutely brilliant for not only raising crucial funds but also raising awareness of The-Zone! Please can you all nominate us at:

[www.sainsburyslocalcharity.co.uk](http://www.sainsburyslocalcharity.co.uk) and spread the word as we need everyone to tell them why we deserve to be their chosen charity! You can also pick up a leaflet in store if that's easier. We really appreciate your support!!



### The-Zone! t-shirts & keyrings

We are delighted that so many of you have The-Zone! t-shirts and that you keep wearing them to our events. Some of the designs you have come up with are brilliant and so colourful - we particularly like the characters that mums have had to expertly draw for children to colour in, well done!



We have various sizes available at The-Zone! from a small child size to 2XL adult sizes - we're asking for a donation of £2 per top and you are very welcome to personalise them at our Zone-In sessions.

We also have The-Zone! keyrings too at 50p each.

### Thank you Elvis!

Huge thanks to Elvis, along with Peter Waring of Hooked on Hair hairdressers in Hook, for donating this fantastic GHD Pink Cherry Blossom limited edition styler! We are planning to auction



these off on our Facebook group to the highest sealed bid. Watch out in the group for more info and bid high for us!

**HOOKED ON HAIR**  
High quality at a reasonable cost

### Guardians Photography @ The-Zone!

Don't forget our photographer Karen Gater @ Guardians Photography- get in touch with her for any of your family photographic needs.

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

# June 2014

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

# July 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 <b>Zone-In!</b> Saturday Zone 10.30am - 2.30pm	6
7	8 <b>Zone-Out!</b> Mums Breakfast @ The Monkey Puzzle 9-11am	9 <b>Zone-In!</b> After School Zone! 3 - 6pm	10 <b>Zone-In!</b> After School Zone! 3 - 6pm	11	12	12
14	15 <b>Zone-In!</b> Coffee Zone! 9am - 12pm	16 <b>Zone-In!</b> After School Zone! 3 - 6pm	17 <b>Zone-In!</b> After School Zone! 3 - 6pm	18 <b>Teen Zone-Out!</b> Meal out @ The Harvester 7pm	19 <b>Zone-In!</b> Saturday Zone 10.30am - 2.30pm	20
21	22	23 <b>Zone-In!</b> After School Zone! 3 - 6pm	24	25	26	27 <b>Zone-Out!</b> Bocketts Farm 10.30am
28	29	30 <b>Zone-In!</b> Fun Zone! 10.30am- 2.30pm	31	X	X	X

# August 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
All Zone-In! sessions are at: The-Zone! Samuel Cody Specialist Sports College, Ballantyne Road, Farnborough, Hampshire, GU14 8SS.				1	2	3
4 <b>Zone Out!</b> Donutting on the slope @ 11.30am	5	6 <b>Zone-In!</b> Fun Zone 10.30am - 2.30pm	7	8	9	10
11 <b>Zone Out!</b> Bowling @ Farnborough 11am	12	13 <b>Zone-In!</b> Fun Zone 10.30am - 2.30pm	14	15	16	17
18 <b>Zone Out!</b> Laser-Run 12pm	19	20 <b>Zone-In!</b> Fun Zone 10.30am - 2.30pm	21	22	23	24
25 Bank Holiday Monday	26	27 <b>Zone-In!</b> Fun Zone 10.30am - 2.30pm	28	29 <b>Zone Out!</b> Ceramic painting in Fleet 11am	30	31

Weds 3rd/Thurs 4th September  
**Zone-In!**  
After School Zones, 3 - 6 pm

Sunday 7th September  
**Zone-Out!**  
TVAP outing

Saturday 13th September  
**Zone-In!**  
Saturday Zone, 10.30am - 2.30

# Fun we've had!

We have had some great events since the last newsletter...

## Bowling

Our first Zone-Out! Event was bowling at Farnborough Bowl on Monday 7th April, which was great fun in such a relaxed and friendly group.



## Marwell Dream Night

We were lucky enough to have been allocated 120 tickets for this year's Dream Night at Marwell Zoo and we made sure to use every single one to enable as many families to enjoy the special evening. From the comments we've had and the photos we've seen, everyone who attended had a really good time!



## Laser-Run

On 14th April our Laser-Run session was a very energetic hour of the red and blue teams aiming to storm the tower and win with the most points - it was only competitive for those who wanted it to be and the rest were just very happy to be in there and taking part.



## Fun Zones

The Easter Fun Zone sessions and launch party on 9th and 16th April, were popular (admittedly the nice weather helped!) and we we're delighted to be able to celebrate officially becoming The-Zone! and having our new charity number. Our cake was delicious, there were plenty of beautifully decorated t-shirts and many photos taken. We even made it into the local paper!



## London Zoo

On Saturday 17th May we had two 100 seater coaches for our annual trip to the Special Children's Day at London Zoo. The weather was very good to us and meant that we were able to enjoy seeing all the animals in sun and enjoy all the additional entertainment that had been organised for the weekend; Signing Hands, Sensory Story sessions, bouncy castle, inflatable slide and more.

## Donutting

Friday 30th May saw us heading for the donutting slope again at Alpine Snowsports. The session was fully booked and a good (but exhausting!) time was had by all. We had lovely dry weather which meant they put the sprinkler on to dampen the slope - some children thoroughly enjoyed the extra fun! Huge thanks to Karen for capturing the fun in photos whilst also donutting with her 2 boys!





# 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.

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

## 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, Ipads, Android tablets, arts & crafts and beads, Lego, Duplo, wooden train track and HappyLand sets (and probably more too!) We have plenty of tea, coffee, juice and biscuits.



## Saturday Zone

Formerly Cyber Zone, on alternate Saturdays 10.30am - 2.30pm (NOT during the Summer holidays!) 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're welcome to bring a packed lunch with you. If the weather is nice we will have the outdoor space with the outdoor toys, a bouncy castle, go-karts & trikers too.

## 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 7  
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 families 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!

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

## **Bocketts Farm, Leatherhead (KT22 9BS) - with transport option**

We're off to the farm for a family fun day on Sunday 27th July. As well as the animals, there's tractor trailer rides, donkey rides, a giant air pillow to bounce on, trampolines, outdoor play areas (including a new water balloon fight area, so bring a change of clothes!) indoor soft play - it's fantastic fun! As it's out of our area, we will be organising a coach too. Places will cost £6 per child (those under 2yrs are free) and if you require seats on the coach they will be £2.50 per person. The coach will leave Samuel Cody (GU14 8SS) at 9.30am to arrive at the farm at 10.30am. We will then leave the farm at 3pm to get back to Samuel Cody at 4pm.

## **Donutting, Aldershot**

On Monday 4th August, arriving at 11.15am to be on the slope at 11.30am, we are heading for the slope at Alpine Snowsports for another session donutting. Minimum age is 4 years and long sleeves, trousers and gloves must be worn. Places cost £6 per person donutting.

## **Bowling, Farnborough**

It's time to aim for a strike, on Monday 11th August at Farnborough Bowl. Get there for 10.45am ready to start bowling at 11am. The price is £3 per person bowling.

## **Laser-Run, Farnborough**

On Monday 18th August be set to get kitted out ready for a battle or 3 in the Laser-Run arena - will it be success for the blues or reds? The session starts at 11am so be there and eager! Places cost £6 per person playing.

## **Ceramic painting, Fleet**

Time to create some new masterpieces at Just Ceramics in Fleet on Friday 29th August at 11am. We will have the upstairs studio for our group and you can chose from the "party" shelves which ceramic you'd like to decorate. The cost is £6 per item painted. Items must be left at the shop to be fired but as soon as they are ready, Nikki will get them to The-Zone! for you all to collect.

## **Thames Valley Adventure Playground, Maidenhead (SL6 0EF) - with transport option**

We are all set for our annual trip to TVAP on Sunday 7th September, 1030am - 3pm. There's indoor and outdoor places to play, water play area (bring a change of clothes!) and a sensory room too. You ned to bring a picnic & drinks as there is nothing available to buy there. This year we have booked a coach to take families there from Samuel Cody School, leaving at 9.45am and returning at 3.45pm. Places cost £5 per child and if you require seats on the coach they will be £2.50 per person. For more details about what's there, go to [www.tvap.co.uk](http://www.tvap.co.uk)

If cost is an issues, please talk to us - we can't make any promises though.

## **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, simply let us know your Gateway card number once and we will add it to our database!





# Teen Zone!

## Teen Zone-In!

These sessions are especially for those aged 11 years and over who want to come along 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.

At our June session, we are planning on tie-dying The-Zone! t-shirts (so dress for mess!) - each ASD Teen can have 2 t-shirts to personalise (additional shirts are £2 each)

## Teen Zone-Out!

These outings are a great opportunity for our 11 years and over members to socialise and be active together!

For the time being, we can only run self-funding Teen Zone-Out! events until we have found some grants towards the cost of the outings.

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

On Friday 18th July, we are planning a meal out as the previous one went well for the teens. We're going to let the teens vote as to where we go, so please get in touch if you want to join us at the final venue choice.

## Thank you Gaye!

Sadly Gaye is stepping down as Teen Zone co-ordinator due to a hectic home life and change of job. She will continue to be involved with The-Zone! and will step in now and then to host events or Teen Zone-In and will still be hosting the June session.

Nikki and Carol have agreed to take over and ensure Teen Zone continues but at the moment we have had to put Teen Zone Out! events that require subsidising on hold until we have managed to secure funding towards them.



Teen Zone has it's own Facebook group for parents/carers: [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.

## What else is out there for the Teens?

Have any of our Teen members tried any other youth groups, playschemes or any other options? We know some of you use the Youth Scheme at Challengers in Farnham but where else do your Teens go for time away from you and the opportunity to socialise?

# Local Info!

## TechStart - Helping the Community Get Online

TechStart is a not for profit social enterprise whose aim is to help get the community online by offering low cost or free computers, low cost repairs, free training and advice and work experience opportunities for those seeking employment. They sell Windows ready desktop computers from £55, laptops from £75 and printers from £20. TechStart also offer computer repairs from £35, free Wi-Fi in-store, free use of their IT training suite, free training and development courses, as well as free information, advice and guidance on employment and training. They are based in Unit 15, in The Galleries, Aldershot.



For more info, go to [www.techstart.org.uk](http://www.techstart.org.uk) or call 01252 311660 to see when they are open.

## Kidz South 2014

Kidz South is an annual event for children and young adults with disabilities and special needs, their families and carers, and professionals. At Rivermead Leisure Complex, Reading, RG1 8EQ on Thursday 12th June, 9.30am - 4.30pm. [www.disabledliving.co.uk/Kidz/South](http://www.disabledliving.co.uk/Kidz/South) or call 0161 607 8200.



## R-u-able2

This is a local group who run regular sports and activity sessions based at Kings International College in Camberley. For more details of what's available, go to [www.r-u-able2.co.uk](http://www.r-u-able2.co.uk) or call 07739 595 165. Alternatively search for them on Facebook.

## Mustard Seed Autism Trust

Mustard Seed is a local charity that offers professional and practical support to families in the Hart and Rushmoor area living with autism. Their service is aimed at families with children aged between 3 and 11 years. They offer support in the home with communication, social, sensory and anxiety issues, as well as daily routines, behaviour, play, self-help skills and accessing the community. They have a waiting list, as they are in demand. Go to [www.mustardseedautism.co.uk](http://www.mustardseedautism.co.uk) or call 07980 636413.



## Boardmaker in libraries



Boardmaker software contains thousands of pictures and symbols that can be used to build symbol based materials like daily time-tables, feelings boards and social stories. Boardmaker is installed on 12 library computers including in Aldershot, Farnborough and Fleet. Every library with Boardmaker has a printer and laminator available so parents/carers can print and laminate their boards. There is no charge for using this but you do need to book a session. For more info,

go to [www.hants.gov.uk/boardmaker](http://www.hants.gov.uk/boardmaker) or phone the Contact Centre on 0845 603 5631 who will fill in the booking form on your behalf or talk to staff at your local library.

### Local Welfare Assistance

Local welfare assistance schemes are designed to help people who are in urgent need following an emergency or unforeseen event. They replaced the community care grants and crisis loans for living expenses available until 2013 and are intended for people who have no other source of help. The Child Poverty Action Group has launched new search tool on their website to enable families to find their local scheme at [www.cpag.org.uk/lwas](http://www.cpag.org.uk/lwas)

The link to the Hampshire info page is: [www.hants.gov.uk/adultservices/local-welfare-assistance](http://www.hants.gov.uk/adultservices/local-welfare-assistance) or contact the Hampshire Crisis Information and Advice team on 0845 372 5859.

### NAS Basingstoke Branch

The NAS Basingstoke Branch has been relaunched; they have a new committee with Michael Blackman as Branch Officer, some great events planned and a new website too! For more info go to [www.nasbb.org.uk](http://www.nasbb.org.uk) or find them on Facebook (search for NASBB).



### Tourettes Action

On Sunday 6th July at 2pm Tourettes Action are holding a didgeridoo workshop in Guildford at The Spike, Warren Road, Guildford, Surrey, GU1 3JH. The event is open to children, young people and adults with Tourettes Syndrome and their family and it's FREE, however tickets need to be booked for each attendee. To book your tickets, go to <http://buytickets.at/tourettes-action>  
For more info go to [www.tourettes-action.org.uk](http://www.tourettes-action.org.uk) or call the helpdesk on 0300 777 8427.



### OCD support group in Fleet

This is an informal, friendly support group for people with OCD/BDD, and for carers, family and friends. It's an opportunity to meet other people with similar problems, learn more about the conditions and discuss living with OCD/BDD.

It's a comfortable, sociable environment and the aim is to support, educate and raise awareness. We invite guest speakers every few months to talk about relevant issues. The group is user led. Wednesday's (2nd July, 6th August, 3rd September, 1st October)  
[www.ocdsupportgroupfleet.yolasite.com](http://www.ocdsupportgroupfleet.yolasite.com) or call 01252 819431.

### Pathological Demand Avoidance Society

Formerly the PDA Contact Group, the PDA Society aims to offer support, advice and information to anyone involved with an individual with PDA, whether suspected or diagnosed, child or adult. Go to [www.pdasociety.org.uk](http://www.pdasociety.org.uk) or find them on Facebook.



### Have you discovered Challengers?

Our nearest play and youth schemes are based at their centres in Farnham and are great fun!

They also run family fun days at the playcentre and fun swim sessions at Guildford Spectrum. For more info, go to [www.disability-challengers.org](http://www.disability-challengers.org)



### GO! Club

Fleet GO! Club is open to those aged 5-19 years with mild to moderate learning difficulties and disabilities, along with their siblings. Held at Hart Leisure Centre, 2.30pm - 4.30pm, every other weekend during term-time (14th & 28th June, 12th July). The cost is £5 per child.

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

### Summer Activities in Rushmoor

Rushmoor's Summer activities web page will go live on 3rd June and will include activities, events and new opportunities in the borough from June to September 2014, for 4 - 19 year olds. For more info go to [www.rushmoor.gov.uk](http://www.rushmoor.gov.uk) or check out the next Arena magazine.

### Autism Friendly Screenings

More cinemas are now running these special screenings including Odeon (Basingstoke), Cineworld (Aldershot) & Vue (Camberley):

- Cineworld at 11am on the 1st Sunday of the month.
- ODEON at 11.30am on the 3rd Sunday of every month.
- Vue at 10am on the last Sunday of the month.

The lights will stay on low, the volume is lowered, there's no trailers at the beginning of the film, you can take your own food & drinks and you're able to move around if you need to.


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.

To sign-up for the Dimensions Autism friendly newsletter, go to [www.dimensions-uk.org/support-services/autism-care/autism-friendly-screenings/#News](http://www.dimensions-uk.org/support-services/autism-care/autism-friendly-screenings/#News)



### Facebook



On Facebook we have a page that is for anyone who is interested in what we do, to join, go to [www.facebook.com/TheZoneASD](http://www.facebook.com/TheZoneASD) and click  Like. If you are a parent/carer of a child on the autistic spectrum or similar issues, then join our closed Facebook group (only members within the group can see what you post) at [www.facebook.com/groups/TheZone2014](http://www.facebook.com/groups/TheZone2014)

### Family Fund

This charity help families across the UK who are raising a disabled child/young person with additional complex needs or serious illness. They provide grants towards family holidays, computers, kitchen appliances and more. You will need to prove your entitlement to certain benefits. To find out if you meet their eligibility criteria, what you can apply for and for more information about the process, go to [www.familyfund.org.uk](http://www.familyfund.org.uk) or call 01904 621115 (but they are usually incredibly busy.)



**Quick reminder!** (full details were in the previous newsletter)

**Autism Show, London** on Friday 13th and Saturday 14th June 2014 at Excel Centre, London. For more info go to [www.autismshow.co.uk/london/](http://www.autismshow.co.uk/london/) or call 020 8882 0629.

**Lions Funfest 2014** on Sunday 29th June, 11,30am - 4pm at Yateley School, Yateley, GU46 6NW. A fun packed day for people with disabilities, their families and helpers. For more info, go to [www.lions-funfest.org.uk](http://www.lions-funfest.org.uk) or call 01252 626341.



# Useful news!

## Carer's Allowance

The amount you can earn and still keep your carer's allowance, increased on 20th May to £102 per week. The current rate is £61.35 per week. For more info about Carer's Allowance go to [www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance) or call the Carer's Allowance Unit on 0345 608 4321.

## Counting the Costs survey

Contact a Family's Counting the Cost survey is finishing on 15th June, they need more parents/carers to complete it and be a part of their research about family finances and the impact of welfare reforms. Over 2,500 people have already filled it in and with your help they'd like to increase this to at least 3,000 to make it the biggest survey of its kind.

Simply go to [www.surveymonkey.com/s/CTC2014](http://www.surveymonkey.com/s/CTC2014) and answer the questions to have your say.

**contact a family**  
for families with disabled children

## Merlin's Magic Wand

Merlin's Magic Wand believe in putting the magic back into the childhoods 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)



(the online application form is only available after 12pm each day) - if you're not online or you would like help applying then come along to The Zone! You can call MMW on 01202 440060 but they only accept applications via their website.

**\*\* If you have received MMW tickets before, you can apply again but are unlikely to be successful. \*\***

## Renew your tax credits online

You can now renew your tax credit claim online. Once you have received your annual tax credit review forms, you can then respond online rather than by post or telephone, but only if you have no changes to report.

See the HMRC website for more details at [www.gov.uk/renewtaxcredits](http://www.gov.uk/renewtaxcredits)

## Radar keys

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with NKS locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country.

You can obtain a free key from your local council office by showing a diagnosis letter but if you need an additional key, we have some available to purchase at The Zone for £2.50 each. Get in touch if you need one.







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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!

A member recently needed to access support and advocacy services for an adult on the Autistic Spectrum. She kindly let us know who she contacted.

### Autism Hampshire

For help and advice, the Autism Hampshire Outreach Officers are available on the telephone, by email or by appointment at their offices.

Contact the outreach team on 023 8063 3951 or email [katie.board@autismhampshire.org.uk](mailto:katie.board@autismhampshire.org.uk)



### Speakeasy Advocacy

This charity, based in Basingstoke, aims to give a voice and support to people with learning disability or autism in Hampshire. Contact them on 01256 332795 (you may need to leave a message).

### Clarks measuring gauges

The Clarks foot measuring gauges helps you to measure your child's feet accurately at home, it comes with step-by-step written instructions or you can watch the online video demonstration.

Depending on the size required, the gauges cost £6 or £8 and can be posted to you or collected from your nearest Clarks store, where one of their trained members of staff will be happy to show you how to use it.

One of our members, Danielle, says that having purchased a measuring gauge from Clarks it has made shoe shopping much easier with her boys.



### Education advice, before school is out for the Summer!

#### 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 during the Summer holidays, 24th July - 4th September. For more details and lots of other useful info, go to [www.sossen.org.uk](http://www.sossen.org.uk)

#### Contact a Family - national advice service

Contact a Family have education specialist advisers available from Monday - Friday, 9.30am - 5pm to answer your queries. Simply call the freephone helpline on 0808 808 3555, or post a question on their Facebook page at [www.facebook.com/contactafamily](http://www.facebook.com/contactafamily)

They can help on any aspect of education in England and Wales. For more details about the helpline or to read the useful info pages, go to [www.cafamily.org.uk/advice-and-support/sen-national-advice-service](http://www.cafamily.org.uk/advice-and-support/sen-national-advice-service)

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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