



## NAS SURREY BRANCH

The local support group for families affected by Autistic Spectrum Conditions, including Aspergers

*The NAS Surrey Branch is a volunteer-run support group offering a variety of local meetings, talks and activities for families with children and adults with autistic spectrum disorders (ASDs). Details of all activities are published in the Branch email newsletter, produced every 2 months. It's free to join – just go to <http://www.nassurreybranch.org/membership.html>*

- **Evening Talks:** Once a month during term-time we hold evening meetings with speakers, open to anyone with an interest in ASDs. Meetings take place in Guildford, Redhill and Woking. Contact Emma Whitfield [emma@mugsy.org](mailto:emma@mugsy.org) Tel: 07423 435413.
- **Local Support Groups:** a chance to meet other parents with children or young people with ASDs over a coffee. Meetings run during term-time in Woking, Guildford, Walton-on-Thames, Chertsey, Dorking, Haslemere, Cranleigh, Oxted, Hinchley Wood, Frensham & Redhill. Details in the newsletter.
- **Parents of Adults group:** meets once a month in the evenings for informal get-togethers. Contact Hilary Dyce [hilarydyce@yahoo.co.uk](mailto:hilarydyce@yahoo.co.uk).
- **Parents of Girls Group:** meets regularly in Woking and Guildford, plus occasional get-togethers for parents and girls. Contact Rachel Pearson [racheldpearson@gmail.com](mailto:racheldpearson@gmail.com).
- **Dads' Group:** a chance for fathers of children or adults with ASDs to meet in a member's home or the pub for a meal and a chat. Meets every 3 or 4 months on a Friday evening. Contact Martin Trenaman [trenamans@talktalk.net](mailto:trenamans@talktalk.net).
- **Online support group:** The Branch runs a moderated email group for members to share experiences and ask questions. Sign up at <http://www.nassurreybranch.org/nassb-online-forum-form.html>

For details of all our events and meetings, download our calendar and newsletter from <http://www.nassurreybranch.org/nas-surrey-news---events.html> .

### Family activities

- **Ice Skating** (Guildford in May) – we take over the ice rink at Spectrum Leisure Centre in Guildford for use by NAS Surrey Branch members.
- **Indoor Climbing** (Walton in February) – a one-hour taster session for children and young people with ASDs and their siblings aged 7 – 17 at High Sports Climbing.
- **Christmas Party** (Woking in December) – we have exclusive use of the soft play and sensory room at Woking Leisure Centre for younger children with ASDs and their siblings.
- **Bowling** – (Tolworth in October /November) dedicated bowling lanes in an event designed for the whole family.

Web site: [www.nassurreybranch.org](http://www.nassurreybranch.org) Follow us on Twitter [@NASSurreyBranch](https://twitter.com/NASSurreyBranch).

Contact Emma Whitfield email: [emma@mugsy.org](mailto:emma@mugsy.org) Tel: 07423 435413

Donations gratefully received at [www.justgiving.com/nassurreybranch](http://www.justgiving.com/nassurreybranch)