

# NAS HEREFORDSHIRE



## UPCOMING EVENTS

On the 2nd of April we will be holding a stall / information stand at Old Market Shopping Centre, please feel free to come along & say hello.



Next Children's Group April 23rd



## WELCOME FROM

### THE NEW HEREFORDSHIRE BRANCH!!

On Friday 11th March. We were invited along to attend an Autism Information Day for new parents of Autistic Children/teenagers at the Kindle Centre, hosted by the lead professionals at the Linden Centre (CAMHS). We had a fab welcome from the Linden Centre's professional team and all the new parents that were in attendance. There was a warmly received Conversation/Presentation given to us with lots of questions and partition answered by all.

Rosa Hoshi, Psychological Perspective

Carol Soble. Education and Communication

Cathy Hayes, Herefordshire Carers

Elaine Cook-Tippins, Sensory Processing

Pablo Ronzoni, Psychiatric Perspective.

Hi all last month at **Puzzle pieces** the children enjoyed making sock puppets, which was very sticky but fun! For this month's Activity we will be making Rabbit Easter bags and having a Easter egg hunt for younger members, and the older ones will be making

minion eggs. And lots of Sensory Activities to play with. Pictures to come soon on our Facebook page ...

Bye for now Hayley☺





## Contact Us

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Activity Leader: Hayley Milner

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## Fundraising News

I wanted to start by telling you all about the first big fundraising event we have! You may have seen Bryn North cycling on his bike in your local Morrison's shop. He is raising funds for both NAS Herefordshire & Scope by taking part in 2 Iron Man competitions! For those of you who don't know what an Iron Man competition is it is a 2.4-mile swim, 112-mile cycle followed by a 26.2 mile run. His first event is in Bolton on July 17th & the second is in Weymouth (which is a new course for Iron Man) on the 11th of September.

We rely totally on fundraising therefore we are planning several other events which will not only help to raise vital funds but also help to raise awareness. These will be events that everyone can take part in, not just the very fit!

On the 2nd of April we will be holding a stall / information stand at Old Market Shopping Centre, please feel free to come along & say hello.

If anyone has any fundraising ideas or would like to do any events to raise funds, please get in touch.



## Parent/carers Support Groups

Our First meeting was a huge success so why not come along and join us for a coffee and a chat on Tuesday 22<sup>nd</sup> March at Cookies Café, Bewell Square (Back of Boots the chemist) from 9.30 till 11.30

Disclaimer: The views expressed in this newsletter do not necessarily express the views of NAS or NAS Herefordshire