

# NAS HEREFORDSHIRE

## UPCOMING EVENTS

Puzzle Pieces on

28 th May 2 till 4 pm

25<sup>th</sup> June 2 till 4

At the Aspire Hub, Canal Rd

Please get in touch to book your  
place.

You will find us at Hereford  
Saxon Hall on June 4<sup>th</sup> with the  
**Reach out Fun Day**

so come along and say hello.

Parent/carer Coffee Mornings at

Cookies Café 24<sup>th</sup> May 2016

Play Planet 7<sup>th</sup> June 2016



## HAVE YOU EXPERIENCED #JUDGEYFACE?

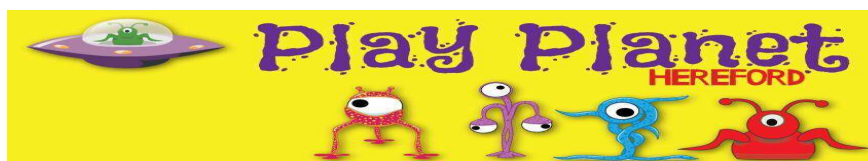
Louise, mum of James who is on the autistic spectrum did on a recent trip to the swimming pool:

‘Another family are in the pool they are judging James, for being a bit unusual and me for not doing something about it. It is a look I have seen before. Many times before unfortunately.

‘The look is saying “your kid is out of control and you are a terrible parent and neither of you should be allowed outside”. It is JudgeyFace!’

Have you also experienced JudgeyFace? How does it make you feel? To find out more please visit [www.autism.org.uk](http://www.autism.org.uk).

We are hoping to have this available at our next meeting of Puzzle pieces so come along and give us your **#JudgeyFace?**



Parent Carer Coffee Mornings have moved to Play Planet so that mums and dads can bring the little ones along and play whilst we all sit and have a chat. This is in conjunction with the Sensory play session held at Play Planet every Tuesday Morning. This will be run every other Coffee Morning slot, so please check the Facebook page .

## Contact Us

Branch Officer: Debbie Hobbs

Activity Leader: Hayley Milner

Fundraising: Abi North

Treasurer: Helen Brown

Branch Secretary: Christine Yeomans

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[twitter.com/NasHerefordshire1](https://twitter.com/NasHerefordshire1)

Web .

<http://nasherefordshire.webeden.co.uk>

at which we can do more fundraising & let more people know we are here. It looks set to be a fantastic event for families & is on from 1:30pm to 5:30pm. Please come along to see us on the day!

## Puzzle Pieces News

Last Puzzle pieces we celebrated St. Georges day, it was lovely to see some princesses and a castle no less! We enjoyed making crowns, and I read a story called Horace the dragon who wanted to be friends with everyone but because he looked different people ran away! But in the end they realized just because he was different didn't mean he didn't want to be friends, he just didn't know how to act. Which we can relate to with our children.

### Youth Club

If your child is 11 to 21 there is a youth club that I run at Aspire in canal road, it is at 6pm to 8pm on a Thursday night even during holidays. We meet socialise have activities such as cookery, art, workshops and trips out. It's free for the 1st session to see if they like it then its

£25 membership and there after £3 a week. Please feel free to email at [hayley.milner@aspirehereford.org.uk](mailto:hayley.milner@aspirehereford.org.uk) if you have any other questions.

Hayley

## Fundraising News

We have been working tirelessly behind the scenes applying for grants for funding. I was hoping to be able to tell you we have heard back from the council by now but we are still waiting. We have high hopes that we have secured some of the grants which we have applied for very soon. This will enable us to buy equipment for an office we hope to rent in the very near future...our own little base which is very exciting! It will also enable us to buy more sensory toys for our children's group among other things.

On Sat the 30th April & Sunday the 1st of May Bryn was busy on his bike in Morrison's Leominster again. He is fundraising for us & scope by doing 2 iron man competitions this year! Over the weekend he cycled around 200 miles & raised over £1000!!!

We have been asked to attend **Reach Out Fun Day** at Saxon Hall on Sat 4th of June. This is a local event