



# FLASH

Family Liaison Autism Support - Havant



ISSUE 1 SUMMER 2006

Registered Charity number 1104885

Welcome to the first issue of the NEWSFLASH newsletter.

Thanks to a small group of volunteer parents, we are able to use all their talents and produce the first of many editions.

Our aim is to provide information about various aspects of having children with autism as well as useful items on recipes or education, benefits, a sibling section, advice and where to look for support, as well as a calendar of FLASH events.

We would really like this newsletter to be helpful to everyone and would like families including siblings, to have their say. So, if anyone wishes to contribute a piece about anything, please send it in and we'll try to include it in an edition at some point.

If any of our children with autism want to tell us about something they like or how they feel about anything, we would be really pleased to hear from you too.

Also we would welcome your feedback on what you think of the Newsletter and your views on what you'd like included in it.

There will be some fun stuff too and we hope we can offer something to every member of the family that will interest them.

Please enjoy the first edition.

Thank you  
Dawn.

**NEWSFLASH  
EXTRA  
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## RADAR KEYS



The National Key Scheme offers

Independent access to disabled people to around 7,000 locked public toilets around the country. Keys can be purchased from local authorities at a charge of £3.65 per key - no proof of disability is currently required. The scheme operates across the country and a guide to NKS locked toilets can be bought from RADAR at a cost of £10.00 including UK postage.

In addition to public conveniences, toilets for

disabled people provided by other public, voluntary and commercial organisations may also have been fitted with the National Key Scheme lock. So it can now be found in shopping centres, country parks, railway and bus stations, motorway service areas and sports venues.

Here is a list of public toilets within Havant Borough where RADAR keys can be used: -

### **COWPLAIN:**

Mission Lane

Cowplain Recreation Ground

### **WATERLOOVILLE:**

Swiss Road

### **PURBROOK:**

Purbrook Heath

### **LEIGH PARK:**

Front Lawn Recreation Ground

Dunsbury Way

### **HAVANT:**

Havant Park

Bidbury Mead Recreation Ground (Bedhampton)

Ship Inn (Langstone)

### **EMSWORTH:**

South Street

Emsworth Recreation Ground

### **HAYLING ISLAND:**

Station Road

Ferry Point

West Beachlands car park

Beachlands Central

Chichester Avenue

Bound Lane

Eastoke Corner

Nab Tower car park

Bosmere Road

Elm Grove

For further information on RADAR keys visit your local authority website or log on to [www.radar.org](http://www.radar.org).

Kindly submitted by Hazel Blackman



## SPONSORED WALK

A group of **FLASH**

Members joined the Annual Lions Club Walk on Sunday 21st May at Langstone Harbour.

Many managed the 15 mile walk — despite the awful

weather.

The money raised is used to fund some activities or help us continue to offer the services we do.

To pledge donations or take part in next years event, please

contact

Dawn, via E-mail

[DawnStanding@hotmail.com](mailto:DawnStanding@hotmail.com)

# Siblings' Have Your Say

# DIARY DATES

We have asked some of the siblings to produce their own section and it will be completely their baby to include whatever they feel is of interest to them. If any siblings want to get involved in that then please let us know at one of the contact addresses at the end of the newsletter.

If you have a story, poem, joke, game, CD review or good film you've seen or been somewhere that was

really good fun then let us know.

Kindly submitted by Dawn Standing.



## COFFEE MEETINGS

12th July 9:30 AM - 11:30 AM Riverside Community School, GUEST SPEAKER Debbie Ravensdale from Contact a Family.

13th July 7:30 Riverside Community School, GUEST SPEAKER Lizzie Meager the transition social worker – talking about her role and the transition process.

September 29th 7PM –9PM and September 30th 10 AM –12 Midday, Riverside Community school, GUEST SPEAKER Andrew Cooksey, Autism Advocate speaking about Social Services and Statutory Assessment.

**DRAMA WORKSHOP** Date to be confirmed.

**CINEMA TRIP** -Date to be confirmed.

**CIRCUS-DAY FOR FAMILIES** Date to be confirmed.

## HELPFUL CONTACT INFORMATION

There are many sources of information that will be of use for those with an interest or diagnosis of Autistic Spectrum Disorder (ASD) or Apergers Syndrome (AS).

The two main sources that are available and accessible come from the following societies:

The websites of the regional and national autistic societies will give you the most up to date information:

The **NAS** (**N**ational **A**utistic **S**ociety) at [www.autism.org.uk](http://www.autism.org.uk)

also their **PARIS** (**P**ublic **A**utism **R**esource & **I**nformation **S**ervice) website at [www.info.autism.org.uk](http://www.info.autism.org.uk)

The **HAS** (**H**ampshire **A**utistic **S**ociety) at [www.has.org.uk](http://www.has.org.uk)

The HAS head office telephone number is 01489 880881 and the Portsmouth Locality number is 02392 524243 or email: [info@has.org.uk](mailto:info@has.org.uk)

The NAS help line is 0845 070 4004

This help line is available 10am-4pm Monday to Friday.

Or email: [www.nas.org.uk](http://www.nas.org.uk)

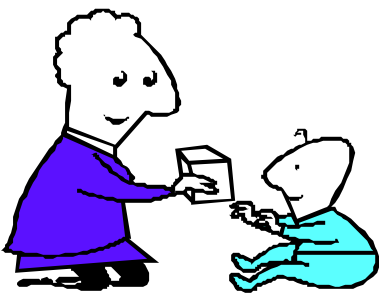
Kindly submitted by Margaret White

# Statutory Disability Benefits

## Disability Living Allowance (DLA)

According to the Department for Work and Pensions, your child may be able to get Disability Living Allowance if they have needed help with personal care or had walking difficulties because of a physical or mental disability for three months and they are likely to need this help or have these difficulties for at least another six months. Your child must need a lot more help or supervision than other children of the same age.

It is not related to your income and is tax-free. There are two components within DLA, the Care component and the Mobility component.



The Care component is divided into three rates of payment according to the amount of care your child needs. You can claim from birth although payments would not begin until a child is three months old.

Help with personal care such as washing, dressing, eating, getting to and using the toilet, or communicating their needs, or if they need supervision to avoid putting themselves or others in substantial danger are a few examples. Many autistic children require high levels of encouragement to perform self care tasks or constant reminding to stay focused. This form of help is also considered and should be included in your application. The Mobility component is



divided into two rates of payment. To qualify for the higher rate your child must be either virtually or totally unable to walk. The lower rate is payable to those who are able to walk but need guidance or supervision for the majority of the time when outdoors.

If your child qualifies for the higher rate mobility they will automatically be entitled to a blue badge (disabled parking scheme) enabling you to park

closer to shops etc when they are in the car with you, plus a range of other parking benefits. Additionally the higher rate mobility entitles you to access the Motability Scheme. These are often confused with one another. The Motability scheme can help with buying or leasing a car or other equipment such as a powered wheelchair. It is also possible to apply for car tax exemption if you receive the higher rate DLA mobility component.

A claim for mobility needs can be made from age three if your child qualifies for the highest rate of care component and is severely mentally impaired with severe behavioural problems. Or from age five if your child needs guidance or supervision when walking out of doors.

Many people may assume their child would not be entitled to the mobility DLA component because their child can walk. However many autistic children will not always do so if they become highly anxious whilst outdoors or their manner of walking means they cannot make good progress. Some children have phobias meaning they can become anxious and also children can

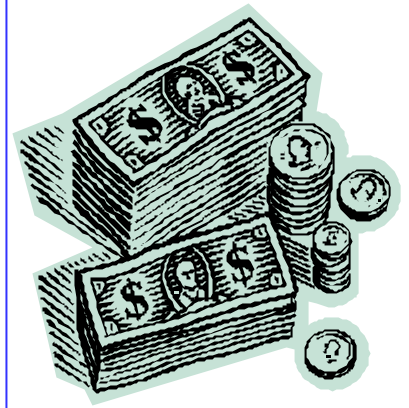
become easily distracted if they are compelled to perform their rituals. Obsessions with drains, puddles or number plates can mean a child's progress is hindered. Erratic behaviour can be potentially dangerous in different situations, such as near roads or places they do not know well. They may not respond to their name, making it dangerous to let go of their hand when they are out near roads. For older children they may have difficulty judging the speed of traffic when crossing roads or they may be unaware that emergency vehicles can travel on either side of the road. Some children may still have no 'stranger danger' making them vulnerable whilst outdoors, or they may not be able to find their way home from places they do not know well. They may be able to travel alone on public transport yet cannot deal with say, a train cancellation or bus detour. Safety is a common concern of parents with autistic children because many children do not learn from experience and can repeatedly put themselves or others in danger. Frequently they are unable to deal with spontaneous changes.



There is an extremely helpful guidance sheet produced by the National Autistic Society (NAS) with tips on what kind of information you should include in your DLA application and it defines some of the terms used, such as severe 'mental impairment' or 'severe behavioural problems' and how they relate to autism. This free guidance sheet can be obtained from the NAS directly.

Many parents have become so used to providing help for their child on a daily basis that often they may not even know they are doing it. The NAS recommends keeping a disability diary prior to claiming DLA and has tips on how to write one. This way you can keep track of exactly how much you are doing to help your child.

It can be emotionally quite draining completing these forms when you see your child's disability in black and white and the difficulties that they face. So it is important to get help and support where possible. The current weekly rates for DLA



are:

#### **Care component**

Highest rate	£60.60
Middle rate	£40.55
Lowest rate	£16.05

#### **Mobility component**

Highest rate	£42.30
Lowest rate	£16.05

#### **Carers Allowance (CA)**

If you look after a disabled child for at least 35 hours a week and the child receives DLA at the middle or highest rate for the care component then you may be entitled to Carers Allowance. You cannot get CA if you are on a course (or on holiday from a course) of full-time education. Equally you cannot get CA if you earn more than £82.00 a week after money has been taken off to allow for your expenses, such as national insurance and income tax.

CA is not payable if you receive the same amount from certain other benefits although you may still have an underlying entitlement to it. If you receive CA or have underlying entitlement to it, you will qualify for the carer premium in Income Support and income-based JobSeekers' Allowance. The current weekly rate for CA is £46.95



For More detailed information and advice regarding the benefits discussed here and the full range of benefits available to disabled people and carers, contact the Benefit Enquiry Line. They also offer help with completing some claim forms.

Benefit Enquiry Line:

Free phone:

0800 88 22 00

Open 8.30am-6.30pm

Mon-Fri, 9.00am-1.00pm

Sat

Email address

[BEL-Customer-](mailto:BEL-Customer-)

[Services@dwpgsi.uk](mailto:Services@dwpgsi.uk)

Web (Disabled People and Carers section)

[www.dwp.gov.uk](http://www.dwp.gov.uk)

For questions or comments on this article contact me:

Sharon Lewis

[sjclewis@hotmail.com](mailto:sjclewis@hotmail.com)

**COMING SOON  
IN ISSUE 2**

Mark Houston - a members personal review of his recent speech at this years AGM.

AGM reports, including Steering Group review of Person Centred Planning.

Siblings have Your Say.

Diary Dates

Plus lots more.....

Please note errors and omissions may be present throughout this publication.

**FLASH -**

## **LIBRARY BOOKS**

**When My Autism Gets too Big :**

A relaxation book for children with autism spectrum disorders.

**Just Take A Bite :**

Easy effective answers to food aversions and eating challenges

**Managing Aspergers Syndrome at College and University:**

A resource for students, tutors and support services.

**Mental Health Of Autism and Aspergers**

**Syndrome:**

Addresses the increasing need for information about psychiatric problems in people with autistic spectrum disorders.

A polite notice that library books can be returned at **FLASH** coffee mornings and evenings.

Kindly submitted by Hazel Blackman

**CONTACT NUMBERS FOR**

**NEWSLASH**

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E-mail Hazel  
[hazel.blackman@ntlworld.com](mailto:hazel.blackman@ntlworld.com)

Alison [Alison.brodie1@tesco.net](mailto:Alison.brodie1@tesco.net)

# NEWSFLASH EXTRA

## FLASH BENEFITS FROM HAVANT MAYORAL CHARITY

**FLASH** has received a staggering

**£7,401**

**FLASH** was very fortunate to be chosen as a Mayoral charity by the outgoing **Mayor Cllr Cyril Hilton** and **Mayoress Cllr Olwyn Kennedy**, who have presented Jackie Harvey with a cheque for £ 7,401 from their fundraising over the year. We are deeply grateful to both Cllr Hilton and Cllr Kennedy for all their fundraising on our behalf and thank them enormously for choosing us as one of their Charities during their term of office.

Thank you also to **Jackie Harvey** (Secretary of FLASH) for representing the group at so many of the functions and events and promoting the charity.



I am sure we would all like to say a **HUGE**

## **THANK YOU**

To the outgoing **Mayor Cllr Cyril Hilton** and **Mayoress Cllr Olwyn Kennedy**, for their hard work and support, and also to **Jackie Harvey** .

Kindly submitted by Dawn Standing

## **RIVERSIDE SCHOOL**

**FLASH** would also like to thank Riverside Community School for continuing to allow **FLASH** to use their facilities to hold coffee meetings, parties and events, and thank Ms. Liz Beavan for her support.