



NEWSLETTER

Member article special newsletter

For a special edition of the ASSERT newsletter we have decided to make it an edition with lots of submissions from the Assert members, with many member reviews, articles and musings (there is a little bit from the Assert staff too!). Remember, if you would like to see your work published in the next ASSERT newsletter, please email it to laura@assertbh.org.uk

Our outing to Sheffield park & the bluebell railway

By Ruby Lalor

The weather was beautiful. I really enjoyed it at Sheffield park. The walk through the ducks even. They decided to say hello so did a couple of swans which was amazing and they came right up to us. I personally think the ducks and swans were more interested in us and were hoping we had something to feed them with.

I was amazed at the stunning scenery that the park had to offer the beautiful trees. I took many amazing shots and pictures of the park and ducks and flowers.

The lunch at the tea room was lovely I even had the choice of where I wanted to sit indoors or outdoors as long as it was nearby the tea room.

I had a couple of treats that day which helped cool me down as it was a beautiful summer day ice cream on a rare occasion is okay. But I really loved the train as well once we had managed to get on it. It was like going back to the nineteen thirties almost my grandmothers era of when she was growing up. I suspect most of them were evacuated on trains just like the one we were all on. Probably not as posh as us though as well we were sitting in the first class compartments!! The emerald green shone it's wonderful paint shining in the summer sun. And the conductors dressed in the original outfits for the train and the time fled past us as we embarked on our little journey to all the original beautiful train stops and stations along the way.

Member submissions for the newsletter needed! If you have an article, story, poem, or just a general musing on life that you would like to be considered for submission to the newsletter, please send it in! It can be on any topic, how about your special interest? Please email these to Laura at laura@assertbh.org.uk

Upcoming Assert activities

All dates TBC, but here are a few things you can look forward to in the coming months

Brighton Marina Boat trip

Brighton treasure hunt

Craft evening

Board game evening

If you are interested in taking part in any of these activities please contact Kat on activities@assertbh.org.uk



An obituary for Ron Frost

By Sarah Bourne

Sadly, Ron Frost (Jane Frosts' husband) passed away on Friday 4th July. Ron had been ill for a short period of time and spent his last weeks at home with his family by his side. Ron had volunteered for Assert for many years and will be very sadly missed by all at Assert. His hard work, enthusiasm and warm smile will always be remembered and appreciated. Our thoughts go to Jane, Robert, Sue and the family.



new 'Autism Alert' cards in stock – FREE to ASSERT members/users

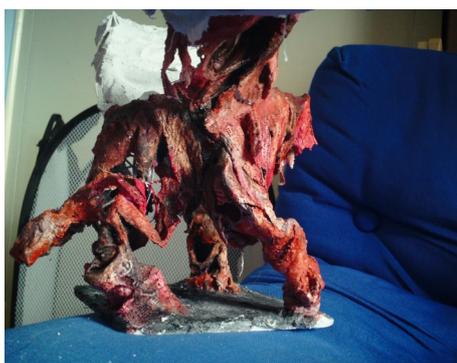
By Sarah Faulkner

ASSERT are delighted to have received a large number of 'Autism Alert' cards and plastic wallets free of charge from the South East Coast Ambulance Service. At ASSERT we know that people with Autism can find it difficult to communicate their needs to others. These cards aim to help people to let others know about their condition and how they might be helped. On these cards one can detail whether the card-holder needs help from an ambulance service or other emergency services, support from their contacts, help in difficult situations, help on public transport and help to explain about their condition etc.

It can alert other people about how to communicate more effectively with you. Under the 'My specific care needs' section, one can write any extra information that could be useful for others to know. For example, it might say, "I understand information better when they are explained using pictures". The project was suggested and designed by people with learning disabilities. The Aldingbourne Trust facilitated focus groups and provided advice during the development of the cards. ASSERT members can request one of these cards from any ASSERT staff member. For further information or to receive further copies of the card and wallet for another local group, please contact: enquiries@secamb.nhs.uk or telephone 01737 364428. Please note that they would prefer it if orders were in bulk rather than individual, so if possible please coordinate an order via a group.

Showcasing Assert creativity

In our life skills sessions, Catherine has helped members explore their creative



Holly's 'Modrock' dragon

tendencies with arts and crafts sessions. Here are some creations from some members pictured on the left and right. We will be running a craft evening as a member activity in the near future, why not give it a try and see what wonderful item you can create?



Ansel's bird on his pillow

The Box

By John Binns

At the end of a lane, between a house and a wall,
In a home of things unwanted,
lost and forgotten,
Is a box. Push its doors
And truth loses its hold.
Pages turn, minds open, stories unfold.

Here is the camera that looks at itself,
A journey through darkness and light gathers pace.
Dimensions in flux, four, zero, five.
A grain, a line, a pattern, space.

A watcher of screens steps through and takes part,
An authorless character, straying from scripts,
A master of stories and keeper of time,
A doctor who rewrites every last line.

This is where magic and myths are produced,
Made from materials base and mundane.
A box, a disc, a screen, a page.
A place where all nightmares and dreams are contained.

My Special Interest

By Sean Richardson

I would like to share my Aspie fascination with the mundane and unusual pattern collecting.



Has anyone else noticed the bins. Attached is the Horsham bin. Mid Sussex, Brighton, Adur, all do different bins. When I lived in Brighton I was a green binner, since I moved to Worthing I have become a black binner. Around Guildford they do a nice purple bin for kitchen waste and Chichester's main bin, for general waste, is red.

My favourite bin is yellow which is for clinical waste in the hospital I work at. I think people do not love there bins enough. If you know of any unusual bins please tell me about them at seanlrichardson@gmail.com so I can visit them.

PHOTO CAPTION COMPETITION

What does this photo of the two Sarahs say to you? Email your idea to Laura at laura@assertbh.org.uk and the winning idea will be printed in the next newsletter!



Benefits Update By Laura Priestnall, Benefit Liaison Worker



Although things have been quieter on the benefit front recently, I have still been busy helping members old and new with a variety of forms and phone calls in regards to their benefits. This has included new applications and querying existing applications on benefits such as ESA, PIP, Council Tax and Housing Benefit. There have been hardly any medical examinations recently, but in the last month they have started to be booked in again. Let someone at Assert know as soon as you get an assessment date through, and we will always try to go with you depending on staff availability. If you have been struggling to manage your finances due to waiting on an ESA assessment, we can support you to make a phone call to ESA to try and chase up a decision for you. I can also support you to make phone calls to a company regarding a bill (such as for water or power) and help you see if there are any schemes available to help you manage your finances a bit better. Email me at laura@assertbh.org.uk with any questions on how I can help.

Assert Activities Update By Kathryn Chuck

Assert has had a very busy few months with activities and events. In April we went on the Brighton Wheel which was fantastic, we were lucky enough to have a clear evening and from our prime seats we watched a beautiful sunset over Hove. We followed this with fish and chips and a catch up in Harry Ramsden's!

May was a very busy month as we were preparing for our Brighton Fringe festival exhibition; those who participated in our photography workshops exhibited their artwork.

The show was a brilliant success with fantastic feedback and reviews from all who attended. We were lucky enough to have the newly appointed Mayor and Mayoress of Brighton and Hove join us.

Here is their review:

"A truly fascinating way of viewing differing perspectives of life and also of a city we love". Brian and Norah Fitch-Mayor and Mayoress of B+H

Member review by Clive Johnson.

"For me, the project was very satisfying, both as a way of developing a new skill and interest, and as a way of working as a team with others in ASSERT. I was proud with what we produced as a group, and having expert help through every stage was very important for achieving this. The project encouraged me to think about how I can portray something of my worldview to a wider audience, and it was pleasing to have positive feedback from people who seemed to enjoy the photographs. Watching people browsing the photos in the exhibition, I had a sense that they were really trying to engage with what we, the photographers, wanted to show. Text explanations given with each photograph should have helped this too, as did the clever way that the photos were displayed.

As a result of the project, I've developed a fresh interest in a hobby that combines both technical interest with creativity, and had an opportunity to reflect on how I see the world, as well as how others do too."

In May we also went to the Duke of York Cinema to see the National Theatre Live Broadcast of **'The curious incident of the dog in the night time'**. I think all will agree that this was not easy viewing and was quite harrowing at times but it was a very well executed play and it brilliantly portrayed some of the difficulties faced by those on the spectrum.



In June we had our annual day trip to the Sheffield Park National Trust Gardens and the Bluebell Railway.

Luckily the sun was shining and despite a few setbacks due to unplanned closures of facilities a good day was had.

