



# NEWSLETTER

## New Life Skills Course with Assert

Assert have received funding to facilitate two Life Skills Courses. These will each run twice a year, over a period of 3 years. This project has been developed from feedback from our members and the areas of support that they would like. We have now recruited an a new member of staff, Catherine, to facilitate these courses. She will be starting at Assert in mid March.

The group will meet twice per month. There will be 11 sessions based in Community Base. This will be followed by three activity sessions, chosen by participants. All participants will also be offered 1.5 one to one support each month.

You can choose to do either course, or can start with one and then go onto do course two.

There will also be a walking group once per fortnight, this will most likely take place on a Saturday or Sunday.

### Course one: Communication, anxiety and Relationships.

This course will cover communication skills, building managing positive relationships and managing anxiety.

### Course Two: Organisational Skills and Practical Support

Managing stress, organisational skills, household management, managing finances, staying safe, using public transport and health and well being.

If you are interested in participating in these courses, please contact Sarah Bourne on 234853 or

[sarahb.assertbh@yahoo.co.uk](mailto:sarahb.assertbh@yahoo.co.uk)

## Life Skills PROJECT

### Future activities

**Brighton Wheel**  
Thursday 14<sup>th</sup> March 2013  
6.30 to 7.30pm

**Boat trip from Brighton Marina**  
Saturday 27<sup>th</sup> April  
2.00 to 4.00pm

**Assert Creative Showcase at Brighton Fringe**  
Saturday 18<sup>th</sup> May 2013  
2.30 to 4.30pm  
Community Base 5<sup>th</sup> Floor conference room

**Assert Residential**  
Friday 10<sup>th</sup> May to Monday 13<sup>th</sup> May 2013

**Assert picnic in Preston Park**  
June 2013  
Further details TBC

If you are interested in taking part in any of these activities please contact Miriam on [miriam.assertbh@yahoo.co.uk](mailto:miriam.assertbh@yahoo.co.uk)

**Assert annual day trip**  
July 2013  
Further details TBC

Please give your suggestions for the 2013 Assert day trip to Miriam on [miriam.assertbh@yahoo.co.uk](mailto:miriam.assertbh@yahoo.co.uk)



The winning team 'The Three Daves'

### BRAIN TEASERS

Rearrange the following letters to make just one word.  
USTOODWERNJ

*Gaze at this sentence for just about sixty seconds and then explain what makes it quite different from the average sentence.*

*Quick! What is it?*

## Assert Quiz Night a great success!

Our first quiz night of 2013 was held in January, with a wide range of questions covering topics from history, art, music and science. The picture round which involved guessing the surnames famous people called David was a particular favourite, Congratulations to Ellen, Stephen & Kirstie for winning the Assert quiz cup!



Our others contenders - well done everyone!

# Assert AGM 2013

By Sarah Bourne, Assert's Strategic Development Manger



## NEW BENEFITS WORKER FOR ASSERT

Hello I'm Laura Priestnall, and I joined the Assert team in November 2012, taking over from Phil as the Benefits Liaison worker for the Assert members. As well as benefits work, I will also be doing casework alongside Sarah Faulkner. Since joining the team, I have been pretty busy and started meeting with and helping the Assert members right away. There are a lot of changes to benefits that will be coming into place in the next few years, the biggest being the introduction of the Universal Credit as part of the Welfare Reform Act. In the next edition of the newsletter, I will include a timetable of the proposed changes and give you some guidance on what to expect.

If you have any benefit related worries or queries, please feel free to email me at [laura.assertbh@yahoo.co.uk](mailto:laura.assertbh@yahoo.co.uk) or call me at the office, and I can make an appointment for you to come into the office to see if I can help. Sarah F and I are also sharing casework, so it doesn't just have to be about benefits and I will always help where I can.

Thanks to all the Assert team and the members I have already met for making me feel welcome and part of the team. I look forward to meeting more members at appointments, in the office and at our social events!



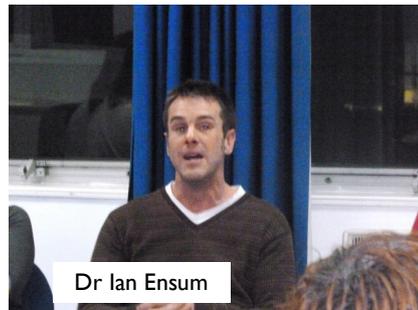
At first glance, what do you see? Could it be the word "liar" or is it something more.



On the 21st February 2013 Assert had their AGM. This was a great night that not only ensured that Assert conducted all of the charities official management, but also incorporated a presentation and discussion and time for socialising.

Assert invited Ian Ensum to give a presentation and facilitate a discussion with our members. Ian runs Bristol Autism Spectrum Service and is a Consultant Psychologist. This was a very interesting and insightful discussion and many of our members have been in touch since to say how much they enjoyed Ian's discussion.

The AGM was also an opportunity for people to renew their membership with Assert. If you were unable to attend and would like to become a new member or renew your membership please e-mail [sarahb.assertbh@yahoo.co.uk](mailto:sarahb.assertbh@yahoo.co.uk). The cost is £8 for a single membership and £10 for a family membership.



Dr Ian Ensum



Kirstie and Dora on bar duties

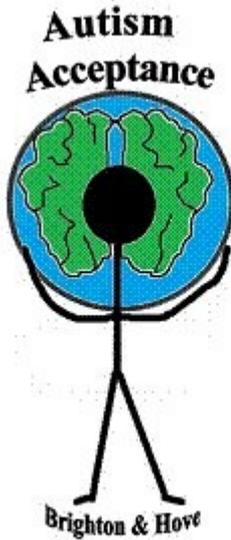


AGM in progress



# Autism Acceptance Event 6th April 2013

By Sarah Faulkner, Senior Case Co-ordinator



This year, a group of local Autism organisations and individuals with Autism have come together to arrange a fantastic Autism Acceptance Event in Brighton & Hove. The event will happen on the 6th April 2013 at Hove Town Hall between 10am and 5pm. It's free to enter, you do not have to register and everyone is welcome to come along. The event will be child-friendly and suitable for families. This day follows a very successful awareness-raising walk which took place back in October 2012. At the event we will have workshops, stalls, speakers and much more. In fact, we have just found out that the Mayor will be coming along! We hope that plenty of people will join with us to help raise awareness about Autism Spectrum Conditions. This will be the first event of it's kind that the city has seen.

April 2nd 2013 will be the sixth 'World Autism Awareness Day' and later in the year (June to be exact), people around the world celebrate 'Autistic Pride Day'. Autistic Pride asserts that Autistic people have a unique set of characteristics that provide them with many rewards and challenges. Although Autism is an expression of neuro-diversity, some people promoting Autistic Pride believe that some of the difficulties that they experience are, in part, as the result of issues within society. We hope that on April 6th we can help to promote the ethos of Autistic Pride and that the day's events will help to educate people about how they can help those with Autism to feel more comfortable and be better understood. To take a look at the Facebook page, search for 'Autism Acceptance Event 6th April 2013 - Brighton and Hove' in the Facebook search bar. We look forward to seeing you at the event!

## Would you like to come on a weekend away with Assert to Haven Chichester?



***If you are interested in attending the Assert residential, please can you contact Sarah B or Miriam to express your interest. There are 14 places only.***

### **Dates:**

- ◆ Leaving Brighton approx. mid-day Friday 10th May 2013
- ◆ Return to Brighton approx. mid-day Monday 13th May 2013

### **Accommodation:**

- ◆ We will be staying in caravans which have 3 sleeping rooms
- ◆ You will have a room to yourself
- ◆ Caravans have kitchen and bathroom facilities

### **Cost:**

- ◆ We are asking for £10 donation towards costs
- ◆ You will need to bring money for your own lunch, snacks and drinks. Evening meal and breakfast will be provided.

### **Description of Haven Chichester:**

*“Church Farm is a West Sussex 5-Star holiday park with fabulous facilities. It's a little bit of rural calm surrounded by the sea where you'll find lots of opportunities for action and activity and moments to indulge in some traditional holiday pastimes. Adventure golf followed by bungee trampoline - no problem. Archery, tennis and then splashing around in the pool – absolutely. Fish and chips or a drink on the terrace – why not? It's your holiday and you choose!”*

### **Park highlights:**

- Located alongside Pagham Harbour
- A holiday village feel combining rural with coastal
- Access to the shingle beach from the edge of the park
- 9-hole par 3 golf course
- Nature reserve and lagoon
- Park ranger walks
- Shows and entertainment in the evening
- Heated outside pool, inside pool and water flume
- All weather multi-sports court
- Bicycle hire

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@yahoo.co.uk](mailto:laura.assertbh@yahoo.co.uk)

By Miriam Nicholson, Assert's Volunteer/Activities Coordinator

## Brighton and Hove Museum Trip - February 2013



A group of members visited Brighton & Hove Museum on a sunny Saturday in February. We walked around the various exhibits, from furniture throughout the ages to historical costume. We saw some interesting pottery depicting social customs over the past hundred or so years and learnt more about the history of Brighton. There was plenty of opportunity to get involved. We created our names in hieroglyphics in the Ancient Egypt section, tried out traditional Punch & Judy in the festivals section, pieced together a jigsaw of Islamic art and tried on costumes as we learnt more about the customs of cultures from Iran to Syria in the global world exhibition. Our visit was finished off with a hot drink and a chat in the Brighton Dome café.



Everyone enjoying the attractions!



Laura is fundraising for Assert! At the time of printing this newsletter, Laura was about to complete a race called The Major Series to fundraise for Assert, on 9th March 2013. Photos and a form where you can submit your donations will be available at drop-in, and in the office. Please check out the website [www.themajorseries.com](http://www.themajorseries.com) to see what is involved!

## Assert Creative Showcase at Brighton Fringe - Saturday 18<sup>th</sup> May 2013

Assert will be arranging an exhibition of members creative work during the Brighton Fringe. This will take place on Saturday 18 May between 2.30 and 4.30pm at Community Base in the 5<sup>th</sup> floor conference room.

Work on display includes poetry, photography, short stories, music, paintings and other artwork. The event will showcase the diverse talents of Assert members and should be a great event. Everyone is welcome to attend, for further information please search on Facebook for the event page, and also our page on the Brighton Fringe website.

We may have space for a few more members to display their work. If you are interested, please contact Miriam on [miriam.assertbh@yahoo.co.uk](mailto:miriam.assertbh@yahoo.co.uk) ASAP.



We also need volunteers to help facilitate throughout the event. If you are able to give an hour or two of your time on Saturday 18 May, please contact Miriam on [miriam.assertbh@yahoo.co.uk](mailto:miriam.assertbh@yahoo.co.uk).

### Brain Teaser answers

#### JUST ONE WORD

The sentence uses every letter in the alphabet

#### Assert Contact Details

Assert, Community Base, 113 Queens Road, Brighton, BN1 3XG

Tel: 01273 234 850 or 01273 234 853

Email: [assert.bh@assertbh.org.uk](mailto:assert.bh@assertbh.org.uk)

In the next Assert Newsletter....

A guide on upcoming benefit changes

Reviews of the Brighton Wheel and Marina Boat Trips

An introduction to our new staff member, Catherine, and information on how the Life Skills Course is going