

Assert



NEWSLETTER

London to Brighton 100K (62 miles) 28th-29th May 2016



Natalina, Alice, Mark and Damon (Bodyshock Buddies Team) have been hard in training these last few months preparing themselves for a massive challenge to try and raise as much as possible for Assert Brighton and Hove. With an age range of between 32 and 51 they are all fitness fanatics but have never attempted a challenge such as this before. They all have an understanding of the challenges and obstacles that young people with Aspergers and HFA are faced with often on a daily basis and wanted to do something to try and help this great charity organisation to support some of these young people, including Damon's Son who is a regular service user. Mark also has a 14 year old Son with Autism.

As well as other planned events to go towards the sponsorship they are trying to raise, their training so far has included a 30 mile walk on a cold, rainy day and another 24 mile walk starting out at 4 a.m. They have encountered many emotions, lots of blisters and aching limbs but they are a determined bunch! Alice says "fundraising for such a supportive Charity makes every mile we train so worthwhile". If you would like to support Natalina, Alice, Mark and Damon (Bodyshock Buddies Team) and Assert you can The link for fundraising is;

<http://www.everyclick.com/bodyshockbuddiesnatalinaanddamon>



Cards for Causes

Raise up to 6% in free donations!

Support Assert with 'Cards for causes'

Introducing Cards for Causes, the exclusive members-only scheme from Give as you Live.

Raise up to 6% in free donations for ASSERT (B&H) when you buy or top-up Give as you Live's NEW store cards. With a wide range of shopping cards for popular stores including Marks & Spencer, Tesco and Starbucks, you'll continue giving to ASSERT (B&H) at no extra cost, whenever you shop in-store or online. For more information please contact; sarah.b@assertbh.org.uk or call 01273 234 850

BLAST

Brighton Lego Autism SpecTrum

BLAST is a new community project, entirely led by adults on the autism spectrum.

The aims of the club are to reduce social isolation among adults with autism.

We will have a regular meet up to build Lego together.

This gives a great structure and a safe space in which to practice social skills.

We currently have 17 people ready to join, we need help to get started!

WHAT PEOPLE WITH AUTISM SAY THEY WANT FROM THE CLUB:

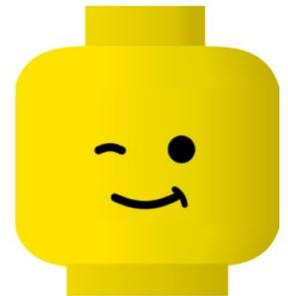
“Meeting other people and the group achievements of building something”

“Being able to explore a different side of my brain in a safe environment. Also, maybe social skills”

“A great opportunity for others on the spectrum to learn new things to build and to socialise too”

“Learning social skills and building something”

“A great way to build my confidence around other people as well as a great way to meet others on the spectrum with similar interest”



We need help with:

Making a website

Branding / Logo

Printing flyers

Obtaining Lego

Fundraising

Finding accessible and affordable venues

Pursuing donations from companies such as Lego, Supermarkets, Toy Shops



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Good news story—Chris Hills and becoming self employed through the New Enterprise Allowance

My background and the birth of my 3DPrinting Business by Chris Hills

I have had a difficult time finding employment that was suitable for me. I have done many jobs and with each one there was always something that wasn't right. I left school at 16 and studied for 9 years eventually achieving a degree from Brighton University. After this I was offered life changing interviews but I wasn't able to "sell myself" enough for the recruiters to pick me. I did manage to secure work with the NHS and also for the first time, set my own home IT company up called 'PC wizard'. This was unfortunately bad timing as the country was going through recession due to the economic crash.

After many years navigating the benefits system and applying for endless IT related jobs I became what is classed as 'long term unemployed'. With my free time I became interested in 3D printing. I enjoyed doing things with technology and this seemed like an interesting project. I helped an acquaintance with their 3D printer. I eventually took ownership and upkeep of the project making it available to others by giving training and charging for the items printed.

I decided that I would use this printer to produce parts needed to build another printer for which a hardware kit was available. I completed printing the parts I needed; I then asked at the job centre about the NEA scheme, which gave access to a start-up loan, business training and to get me off claiming JSA. The twice weekly meetings that were becoming hard to deal with. So a business plan was drawn up and adjusted by the 'lets do business group' I was put on courses outlining the requirements of being self employed i.e. marketing, managing the

accounts, etc. When I completed these the start-up loan of £2,500 was released into my accounts. We were also given a weekly payment to help transfer from being out of work to being self employed.

This all started on me on the 13th Jan 2015. I used the loan payment for some flyers and business cards, obtained the hardware kit which together I built the 3D printer which is in use today, it's been upgraded with better hardware. There are multiple income streams into the business as this needed to keep the cash flowing in. I sell items upon eBay, have a 3D hub, still provide IT support for customers that knew me as 'PC Wizard' and the website has an e-commerce store which sells parts and hardware for 3D printers.

Here are various links for my social media and web sites. There are examples of 3D prints and also details how to purchase and set up your own machine;

Website <http://www.3dprintandstuff.co.uk/> ; Instagram <https://www.instagram.com/3dprintandstuff/> ; <http://www.myminifactory.com/tv/channel/a-rep-rap-ormerod-2-live-3d-printing-338>



Kat's Activities Update!



Catherine has been busy with Assert Art classes. Here are some of the work created. In the last 3 months she has had a Tote bag

workshop creating bespoke shopping bags. She also has facilitated a Glass painting workshop decorating glass jars

We have had a really busy start to the year with loads of activities going on! We have been to lazerquest with some very serious stealth action and extremely high scores we have had some lovely cookery sessions which have been well attended and some delicious, healthy food has been made. We plan to have the recipes collected in an Assert healthy eating recipe book at the end of the sessions.

We are lucky enough to have a creative writing session booked in with Lisa Fulthorpe a freelance writer who has written for television, (C4's Smack The Pony – 1998 & BBC1 Doctors -2008) radio and film.

Our 2016 residential trip is now booked for June and we will be going to Pontin's in Camber sands, we are looking forward to walking the beautiful beaches and sand dunes and exploring the old market town of Rye.

Upcoming activities include a guided tour of the Earthship in Brighton which was the Low Carbon Trust's first project and was the first Earthship to be built in England.

The project was built as a community centre for use by Stanmer Organics, built on a Soil Association accredited site in Brighton.



Henning's Book Review - Neurotribes by Steve Silberman

Silberman asks if autism is a devastating developmental disorder, a life long disability, or a naturally occurring form of cognitive difference akin to certain types of genius. The author won the Samuel Jackson prize for nonfiction for this work. He gives an account of the history of diagnosis of autism defining conditions like Kanner's syndrome and Asperger's and explains why there is so much confusion and misconception in the general population. Silberman goes into detail describing how Asperger and Kanner conducted their research into what is universally known as the Autism Spectrum. He accounts the perception of autism within the Nazi regime and the general ignorance of mainstream society. He also includes some interesting case studies on the spectrum such as the Polymath Cavendish and the academic Temple Grandin. Following on from his ground-breaking article 'The Geek Syndrome' in Wired Magazine Silberman reveals that autistic conditions have been suppressed by the same clinicians who discovered them. He also finds crucial answers to the question of why new diagnosis have soared in recent years. However, the book is not alarmist and does not provide the usual sorrow ridden accounts of individuals and their struggle with the condition and the reaction of mainstream society; it is more of a message of hope and a celebration of neuro diversity. This is a must read for every medical practitioner and members of the teaching profession. It provides useful insights for friends and relatives of people on the spectrum and aims to foster understanding and eradicate myths so commonplace in today's society. In my opinion, this book should be administered immediately after diagnosis.