



Spring 2006



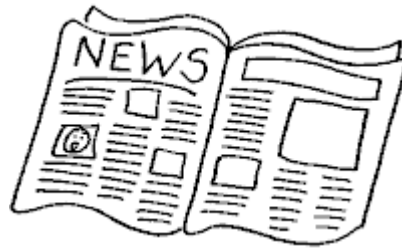
**Congratulations to Pete Whewell**  
seen here receiving a certificate to thank him  
for his 10 years as a volunteer with "Wicked and  
Wacky". Group members Wendy and Roger  
presented the certificate, together with our  
chairman Bob. Thanks Pete for all your  
dedication and support!

**Speakeasy Advocacy**

Giving a voice and support to people with learning difficulties,  
autistic spectrum disorders and/or Asperger's syndrome



Registered charity number: 1108304



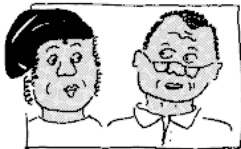
## Speakeasy Advocacy News



### **Funding**

Our lottery grant runs out in July this year, but the lottery have said we can apply for some more money.

We will make sure that self advocacy groups and volunteers are supported to continue no matter what happens.



### **Working with people from black and minority ethnic communities**

We will be starting a project for 1 year in April to make sure that people from different backgrounds know about advocacy.



### **Changes to the day services**

We have been working with lots of different people to make the day services better. Things are changing so that people get more choice about what they do during the day, evenings and weekends.



## Coffee mornings



Meet up with friends for a drink and a chat



Help out in the kitchen

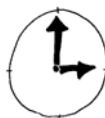


Saturday 6 May 2006

Saturday 1 July 2006

Saturday 2 September 2006

Saturday 4 November 2006



10 am - 1 pm



17 New Road, Basingstoke

Please bring some  if you want to buy drinks or biscuits, and  01256 332795 for more information



## Self advocacy groups

Self advocacy = speaking up for yourself



**Wicked and Wacky** have started to pay for their tea and coffee, and enjoy looking after the money and buying milk and other supplies when they run out. Some of the group went to Eastleigh for the Partnership Board meeting in January, and 5 members want to start a person centred plan.



**Happy Club** are thinking about helping people in another country who are not as well off as us. They have met a lady from Basingstoke who raises money to build schools in Africa.



**Virtual Friends** are looking forward to using their chat room, as some new members of the group find it difficult to get to Basingstoke every week for meetings. They have decided that anyone can visit their chat room but only when issued with a password.



**Internet Explorers** are really excited about the group pictures that are on the website - go to [www.speakeasyadvocacy.org.uk](http://www.speakeasyadvocacy.org.uk) and click on "self advocacy groups" to see them.

**Get in touch if you want to know more about the groups**



Coming soon.....

.....2 Chat rooms



**What?**

A chat room is a place you can chat to other people on the internet



**Who can use it?**

Internet Explorers = young people aged 11 - 16 with Asperger's syndrome

Virtual Friends = adults with Asperger's syndrome (or anyone who is interested in chatting to people with Asperger's)



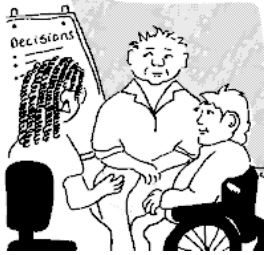
**Is it safe?**

Yes - we will check everyone out before giving them a password, and will regularly monitor the chat rooms



**How to use it?**

Get in touch with us and we will issue you with a password and address to one of the chat rooms



## How to start a person centred plan



Think about your life and try and answer these questions

- what are you good at?
- what do you enjoy doing?
- what do people say they like about you?
- what is your dream?



Think about people in your life that could be in your "circle of support" to help make your plan happen

- who do you like?
- who could help you get the kind of life you want?



Ask your "circle of support" to come to a meeting to talk about your plan

We can help you get your plan started - get in touch if you want a plan or if you want to know more

## Life with Asperger's Syndrome

Matthew is a trustee at Speakeasy Advocacy, and founder member of Virtual Friends and Happy Club.

"In this article, I will look at understanding the needs of others. It is one thing trying to understand the needs of those whom you love and care about and knowing that love and care will be reciprocated whatever you do, but what about when it comes to friends and acquaintances, colleagues and the general public? Most of us, unless we live in splendid isolation, will meet people at some time during our lives who we find difficult, we don't know what makes them tick, we can't understand why they do what they do and there seems to be no getting through to them. For those of you reading this who haven't got Asperger's syndrome (AS), think for a moment what that would be like if you were faced with this dilemma on a daily basis. It's tough isn't it? We have to face the daily humiliation of getting it wrong, the lack of understanding and the loss of self esteem when you feel that you have let other people down. How do you overcome this problem? There is no straightforward answer, for every person you encounter, the way of dealing with it will be different according to their manner, feelings, level of understanding and mood at the time. Dealing with this problem is a bit like doing an enormous equation with thousands of numbers – it can take a lifetime to get it right.

The simple answer as far as I can see is if you find these things difficult avoid getting involved with them. By that, I don't mean that you become a hermit and never go out, what I mean is make sure that when faced with a dilemma like this you have someone there to support you so that if someone asks you something which stresses you out just tell them that you don't know and you can't help them at the time. I work with a lot of people who talk to me about their problems and need guidance to find solutions and make their life better. What I do is firstly I don't normally give advice, but listen and if I have experience in that field I give them some of the options that I know about. If I don't have experience, I will ask them what they want to do about the problem and normally they work out a solution for themselves.

Secondly, and this is a hard one, I try not to get emotionally involved, and I am still learning how to deal with that. I like helping people, but I also have to help myself so I have learnt techniques of how to distance myself slightly like think about something completely different after having dealt with the situation. Watch a favourite film, go swimming – the choices are endless. I used to feel guilty about treating myself but I don't anymore.

Thirdly, it is important that you don't offer to do things that you can't do. Sometimes we feel under pressure to help, but you have to be sensible about what you can do. We can't take responsibility for other people's lives."

(This is an edited version of an article that first appeared in the Happy Club monthly version of Hot Gossip)

How to get in touch:



01256 332795 (you can leave a message)



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[speakeasy.advocacy@btconnect.com](mailto:speakeasy.advocacy@btconnect.com)

## Dates for your diary in 2006



### Trustees meetings:

Wednesday 17 May 2006 at 5.30pm

Wednesday 8 November 2006 at 5.30pm



### Annual General meeting

Wednesday 9 August 6pm - 8pm