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Summer 2005

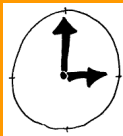


# Celebrate 10 years of advocacy in Basingstoke!

Speakeasy Advocacy invites you to join us for food, drink and a disco on:



Thursday 14 July 2005



6.30pm - 9pm

(or 12 noon - 3pm if you can't come in the evening)



17 New Road, Basingstoke



Please call us on 01256 332795 if you want to come

## Speakeasy Advocacy

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

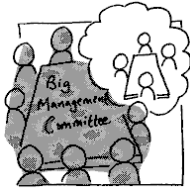


Giving a Voice

Registered charity number: 1108304



## Speakeasy Advocacy News



We have 11 trustees who make decisions about what we do at Speakeasy Advocacy. 7 of the trustees represent the self advocacy groups. They are supported to take part in the meetings by Jackie (group support worker) and Pete (volunteer advocate).

The trustees recently decided how to run the meetings so that everyone understands what is happening, and gets a chance to speak up.



Hampshire County Council have decided to give us some money for the next few years. This means we can afford to have a paid advocate (Lynda) who works alongside our volunteers.



Have a look at our website on [www.speakeasyadvocacy.org.uk](http://www.speakeasyadvocacy.org.uk)

Did you know we have.....



75 advocacy partnerships



49 members of self advocacy groups



25 volunteers

## MAKE A DIFFERENCE WITH JUST A FEW HOURS A WEEK!

We have the following opportunities for volunteers  
in Basingstoke:



Help supervise young people aged 11 - 16  
with Asperger's syndrome use our Internet  
Café



Support adults with learning disabilities to  
run their own self advocacy group



Act as a one to one advocate, helping someone to  
speak up

Full training and support will be given plus travel expenses.

Interested? Call Andrea on 01256 332795  
or email [speakeasy.advocacy@btconnect.com](mailto:speakeasy.advocacy@btconnect.com)



## Self advocacy groups

**Self advocacy = speaking up for yourself**



**Wicked and Wacky** have a different timetable.

They now meet from 10 - 12 on Mondays and Tuesdays for self advocacy, and spend time with their friends in the afternoon.

The group told the last trustee meeting:

"We like spending time in the morning talking about different things"



**Happy Club** meet on Fridays in the group room about once a month, and spend the other Friday evenings out and about in Basingstoke.

They told the last trustee meeting:

"We have grown in confidence, and enjoy planning and running our own activities."



**Virtual Friends** now have their own website on [www.virtualfriends.org.uk](http://www.virtualfriends.org.uk) written by and for adults with Asperger's syndrome.



## Internet Explorers

The self advocacy group for young people aged 11 – 16 with Asperger's syndrome



### Why?

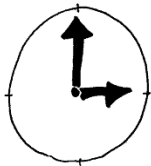
The aim of the group is to:

- Have a good time
- Use the internet café and playstation
- Work as a team by doing things like designing web pages
- Speak up about issues



### Where?

The internet café at 17 New Road, Basingstoke



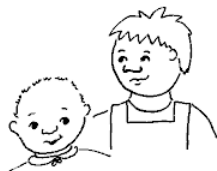
### When?

Tuesday evenings from 6.30pm – 8pm



Call 01256 332795 if you are interested in finding out more

# Working with children who have autistic spectrum disorders or Asperger's syndrome, and their parents



## Children's Advocate

The advocate will start work in June, and her job will be to:

- support young people to use the Internet Café
- help start up a youth forum
- support parents and children to speak up about things like education, health, getting a job
- find out information and get to know more contacts



## Different Worlds

This support group is run by parents and meets every 2 weeks at Speakeasy Advocacy. They have:

- guest speakers
- informal meetings for support
- social evenings for parents simply to get together

To find out more, call Sandra on 01256 474972 or email Lyn at [ls.fusion@virgin.net](mailto:ls.fusion@virgin.net) , or look at [www.differentworlds.org.uk](http://www.differentworlds.org.uk)

## 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 talk about what it is like for someone with Asperger Syndrome (AS) to deal with emotional situations.

**Reassurance** – I need a lot of this. On the surface I may seem very confident about everything and have quite a lot of self-esteem, but actually underneath I am quite unsure of things and I like to have feedback and often ask people whether I have done something well or not. I don't like the thought that I might have done something wrong or that I might have upset someone. My self-esteem takes a nose-dive if I feel that I have done less than my best.

**Responsibility** – Someone with AS will find being responsible for someone else's feelings extremely difficult. We have enough difficulty being responsible for our own feelings, yet when someone else's comes into the equation, it becomes a very sensitive issue for us. This doesn't mean that we don't *care* about the other person; it means that we literally can't cope with their feelings. In a relationship with someone who has AS, the other party may think that their AS partner doesn't care, nothing could be further from the truth, they do *care* they just don't know how to show it and how to deal with it.

**Selfishness** – People with AS are often accused of being selfish because they get very absorbed in their own activities and don't make allowances for others and as long as things are going according to their plan they are happy. I think it is slightly unfair to rebuke them for this, because basically they are only extending the natural feelings that we all have. I think it is acceptable to guide them, but they shouldn't be made to feel guilty about it. It could knock their confidence even further down.

**Routine** – Our favourite word in the Asperger's dictionary (if there was one!) Emotions and stability almost go hand in hand, we often hear people talk about having a "stable marriage" or a "stable relationship" or even a "stable job". If any of these should become unstable, so do our emotions. In AS, this goes even further, if our routine becomes unstable or if we feel insecure we become unstable. People with AS usually have special interests, hobbies that they are dedicated to and causes that they devote themselves to. If for any reason something happens to stop or hinder any of these, we will feel unstable, which will lead to emotional hazards. I suffer from mild depression, and this is sometimes caused by a chain reaction of events: routine change > instability > emotional disaster > depression."

(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)



17 New Road Basingstoke Hampshire RG21 7PR



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

Speakeasy Advocacy invites you to our



## Annual General Meeting



Get a report on what we did this year



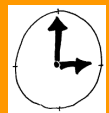
Vote for new trustees



Enjoy a drink and a snack



Wednesday 31<sup>st</sup> August 2005



6 pm - 8 pm



17 New Road, Basingstoke