



HOT

G  SSIP

Winter 2005



**Speakeasy Advocacy invites you to our
Christmas party on:**



Saturday 17 December 2005



7.30 pm - 10.30 pm



17 New Road, Basingstoke



Please bring some food or drink if you can and



**us on 01256 332795 if you need help getting
there**

Speakeasy Advocacy

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



Giving a Voice

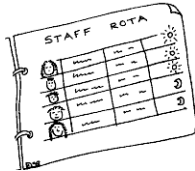
Registered charity number: 1108304

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Speakeasy Advocacy News



Staff news

- Andrea had her baby 4 weeks early - a girl called Roslyn
- Mark has a new job working in the day services in Newbury

Congratulations from everyone at Speakeasy to you both!



New project with the health team

We will be spending the next 4 months asking 15 people who have been seen by the health team what they thought about the service they received



Advocacy standards

We are working with the other advocacy schemes in Hampshire to put together some standards. The standards will explain what you can expect from your advocate.





THANK YOU

- To all our volunteers - trustees, advocates, group supporters, office and maintenance workers
- To all the members of the groups, their friends, families and carers

We appreciate all your hard work and commitment - you have made a difference in Basingstoke this year

Speakeasy Advocacy



Coffee morning



Meet up with friends for a drink and a chat



Help out in the kitchen if you want



Saturday 10 December 2005



10 am - 1 pm



17 New Road, Basingstoke

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





Self advocacy groups

Self advocacy = speaking up for yourself



Wicked and Wacky have a new volunteer called Colin, who helps out on Mondays. The group are planning an afternoon for men only, and one for women only, so that they can talk about things in private. They are also going on a "person centred planning" day in Fleet on 25 November.



Happy Club have recently welcomed 4 new members to the group. They are meeting soon to plan their activities for the next 6 months.

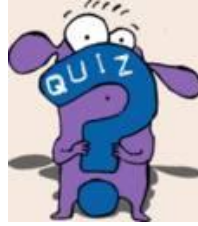


Virtual Friends have decided to meet more often in the group room, so that they can talk and use the internet café, and then go to the pub afterwards.



Internet Explorers enjoy meeting every week and using the playstation and internet café. They are working on their web page, and thinking about different activities they can do in future. Carole and Sarah are the 2 volunteers that help out at the group.





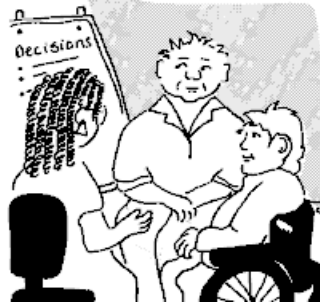
Happy Club Quiz

See how much you know about the Happy Club!

1. What does the word "happy" stand for in Happy Club?
2. How many team leaders are there in the Happy Club?
3. Who was the advocacy support worker before Jackie?
4. What year did Happy Club start?
5. What is the name of the club we go to once a month for a disco?
6. Apart from Matthew and Richard, who was the first member of the Happy Club?
7. What was the name of our self advocacy trainer?
8. What was the name of the course?
9. How many years has the monthly "Hot Gossip" magazine been in publication?
10. Who is the resident DJ for Happy Club?

(Answers on the back page)





What is person centred planning?

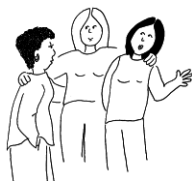
It means putting the person at the centre of planning for their lives



Listening and learning about what you want from your life



Helping you to think about what you want now and in the future



Family, friends, your advocate, professionals and services working together with you to make this happen

Please get in touch if you want to know more about getting a plan, or look at www.pcp-in-hampshire.net for more information





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

Expressing feelings – people with AS can find it very difficult being around emotional people, even though they may get a wide range of emotions themselves. Because there are no rules about emotions, we tend to find it very difficult to know what to do in a situation that presents itself to us.

Insular – often people can be quite narrow minded in what they believe to be right or wrong, which can be especially difficult for those with AS because we become obsessed with facts and it is very hard for us to see another person's point of view. To the spectator this may be considered irritating, but we are not doing it to be difficult. Emotions do not have any boundaries so there can be limited knowledge of how to cope with them.

Interrogation – asking lots of questions is what we can be good at, because we are interested in plain facts. The trouble is that the majority of people can't be bothered with the facts so they will tell you what they think. Sometimes we may want to know how something works, like emotions, but we often just have to accept what is happening. It can get difficult when trying to find out from someone else what is happening. How can you explain why someone is crying because they are happy, like at a wedding, or when they hear good news? Why do some people laugh at other's misfortunes? It doesn't really make sense does it?

Moodiness – how do we cope with other people's moods as well as our own? Our own moods tend to engulf us and we become self absorbed, so we find it hard to appreciate what others are going through. Some people with AS are better at doing this than others, but generally we find it hard to empathise because we find it difficult to read other people's moods.

Non verbal cues – this could include body language, facial expressions, hand signals, and eye contact among other things. A whole range of emotions are conveyed non verbally, in fact most communication is non verbal on a percentage scale. How do we know what someone else is thinking if we find it difficult to interpret non verbal cues? Talking from an aspergic point of view, we feel that non autistic people are mind readers. I will leave you with that thought!

(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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Answers to Happy Club quiz

1. Hampshire Advocacy for Positive Youth
2. Three - Matthew, Richard, Jackie
3. Marcus
4. 1998
5. The Wellington Club
6. Tom
7. Mark
8. Train and learn with self advocacy
9. 6 years
10. Miles

