



autism london

*providing support for those affected by autism
and Asperger's syndrome*

Bulletin

Feb-March 2006



autism london

Bi-Monthly Bulletin

1 Floral Place, off Northampton Grove
London N1 2FS

Helpline: 020 7359 6070
General: 020 7704 0501
Service Development: 020 7226 7234 (Temp)
Finance and Administration: 020 7226 7234
Fax: 020 7704 2306
Email: info@autismlondon.org.uk
Website: www.autismlondon.org.uk

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Contributors:

Gordon Pownall, Dee King, Ethney Anderson, Nurun Ahmed, Richard Tucker, Louis Baworowski, Desmond Meldrum, David Shamish, Michael Feldman and Tanya Camilleri.

Production: Thanks to Tanya, Nurun, and Desmond for producing the Bulletin

Editorial contact: Tanya Camilleri

Email: tanya@autismlondon.org.uk or **Tel:** 020 7704 0501

We would welcome any feedback related to information printed in this publication.

**The views and opinions expressed in Autism London's bulletin
are not necessarily those of the organisation.**

Dear Reader,

We hope you had a wonderful time over the festive season.

You will notice that your bulletin is arriving a little earlier this month; this is because there is some information that we need to get to you quickly.

Hello Everyone,

A New Year has arrived and with it, new expectations for what the year will hold in store for each of us.

It is so easy to get caught up in the hustle and bustle of everyday life and sometimes we miss the small things that can make everyday life a pleasure. Watching birds feed in the garden, watching your children wake up, folding up the washing with your partner. It is these small and seemingly insignificant things which we place little value on or take little time out of our day for and yet things that we miss so much later in life when they are not there anymore.

Of course I, like many others, make resolutions at the start of the New Year and like many others, make resolutions that tend to be about 'me' - "*I'm going to take more exercise*", or, "*I'm going to eat more fruit and vegetables*". This year, I've decided to do something different. Instead of making resolutions about what I am going to do for me, I have resolved to be more conscious about what I can do for others. This doesn't mean becoming an East London superhero – need to lose some weight first to fit into the suit..!

My resolution is to think about how I can make a difference in some small way. Simply by saying 'good morning' really could brighten up the 'Monday morning back into the office' routine. Making that first cup of tea for another person could really change their outlook for the day. I place value on the small things that others do for me – sharing a recipe with me or calling me to see if I got home safely after a long journey.

These small and seemingly insignificant things have massive potential to make others feel loved, valued or appreciated. Like bird song in the garden or children now at college or living in their own home, we only miss the smallest things when they are not there anymore.

I wonder what I could have done yesterday that would have made a difference for someone else....? Of course yesterday has gone now....

Happy New Year...

Gordon Pownall
Senior Manager
East London

A happy new year to all!

It would have been nice to greet you all at the party, which had been planned for January 15th that was cancelled.

As you may all be aware from the last bulletin, the team at Autism London had been working very hard to arrange a New Years party. Unfortunately it had to be cancelled on the last minute due to several unforeseen circumstances, which were beyond our control.

However, we did manage to raise a substantial amount of money from selling T-Shirts and Xmas cards, which will be put towards another event to be organised, some time later on this year. So it's not all bad news, there is something to look forward too!

Thanks to all our service users, the team here at Autism London are very upset for not being able to deliver the party due to the above circumstances. The team worked very hard and put in 100% commitment in trying to organise the event. A big thank you to all those who helped us sell the cards and T-shirts and to all those who bought the cards and T-shirts.

Nurun Ahmed
Administrator

Support Service Update

HAPPY NEW YEAR TO ALL!

Hello and welcome back to all our members including those of you who regularly attend our ALAG and Family Support meetings. We hope you all enjoyed the festive season and are now settling in to the New Year.

As many of you know the ALAG has been growing over the past few months so we would like to take this opportunity to inform you of some changes set for future ALAG meetings.

As from February 2006 those interested in attending ALAG will now have to call the office first to reserve a place. This is because the turnout has now exceeded our original attendance volume and we need to make alterations to allow us to accommodate a maximum level of people allowed in our building at one time.

Those of you who attended the last ALAG meeting will be aware that there is now a charge £1.00 per person. This contribution is to fund the buffet, teas and coffees provided.

Can we also take this time to remind you that ALAG starts at 6.30pm. If you arrive earlier than this time please remember that staff are still working and therefore you will not have access to the building before the designated time.

There is also a change to the times for ALWAG, which will now run from 1.30-3.00pm on the last Thursday of each month. Please note, that the same rules apply regarding non-admittance to the building before the start time.

We would like to take this opportunity to thank all of you who have contributed to our Support Services meetings by sharing your knowledge, views and experiences, which have been valuable to other attendees as well as the facilitators. We very much look forward to seeing you at future meetings.

Ethney Anderson & Dee King
Support Officers

News from Autism London's Residential Home at Salisbury Road

Another year has gone by and it is the beginning of 2006. We at the residential home have started with a bang. After a relatively quiet Christmas period that most service users spent with their families, life has now gone back to normal.

Our first main event of the year has been our hosting of the service users forum for MCCCH residential homes in East London.

This was in the form of a new year's lunch. This was well attended by over thirty service users and staff from other homes in east London and Essex.

The service users assisted the staff in preparing a big variety of food and drinks that were enjoyed by their friends and colleagues from the other homes.

The service users continue to show big improvements in their daily lives and the staff continue to prove that they are developing the necessary skills to help them cope with their needs and aspirations.

The Person Centred Planning input by Joe McDaniel who works at our head office in Maidstone has helped staff work towards providing a service in which our service users are the focus. There is a growing bond that allows staff and service users to understand each other and work together positively.

Once again we wish everyone a happy new year.

Richard Tucker
House Manager

Helpline Service Update

Happy New Year to you all!

I would like to take this time in thanking staff and all those who helped with raising funds by selling our Christmas cards and t-shirts back in December. As you are aware the New Year Party we announced in our last bulletin has had to be cancelled. We are still trying to raise further funds to put aside towards our Summer Day Trip so please continue in supporting us by doing so! From jumble sales to sponsored swims, all donations are greatly appreciated.

The Autism Awareness Campaign UK endorses 2006 as International Asperger's Year. February 18th 2006 will mark the 100th anniversary of the birth of Hans Asperger's, discoverer of Asperger's Syndrome. Dr. Asperger's deserves greater recognition for identifying a major condition that affects people of every land.



Autism London is currently selling it's limited edition autism awareness ribbons in order to continue to raise awareness about the disability. The ribbons are £1 each (not including postage), for an order form please contact me on: 0207 704 0501.

Tanya Camilleri
Help Line Officer

Parent/Carers Support Group Invites you to attend a series of talks.

Date and Time	Venue Details	Speaker	Topic
18 th January 2006 10.30am – 12.00pm	Autism London 1 Floral Place Northampton Grove London N1 2FS	Rosemarie Manson	Parent of a child with ASD, and H.A.N.D.L.E Therapist
1 st February 2006 10.30am – 12.00pm	Autism London 1 Floral Place Northampton Grove London N1 2FS	Support Officers from Autism London: Ethney Anderson & Dee King	Open meeting for parents to come along and talk.
22 nd February 2006 10.30am – 12.00pm	The Limes William Morris Hall 6 Somers Road Walthamstow E17 6RX	Support Officers from Autism London: Ethney Anderson & Dee King	Open meeting for parents to come along and talk.
1 st March 2006 10.30am – 12.00pm	Autism London 1 Floral Place Northampton Grove London N1 2FS	Support Officers from Autism London: Ethney Anderson & Dee King	Open meeting for parents to come along and talk.
15 th March 2006 1.30pm – 3.00pm	The Kulubi Centre 2c Falkland Road Kentish Town London NW5 2PT	Rosemarie Manson	Parent of a child with ASD, and H.A.N.D.L.E Therapist
29 th March 2006 10.30am – 12.00pm	Autism London 1 Floral Place Northampton Grove London N1 2FS	Support Officers from Autism London: Ethney Anderson & Dee King	Open meeting for parents to come along and talk.

To help us cater for demand, if you would like to attend any of these groups/talks please let us know you will be coming by calling 020 7704 0501 and leaving a message specifying the date of the meeting you will be attending.

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Women's
Asperger's Group

This is a support group for women with Asperger's syndrome living in the London area.

The meetings now start at 1.30pm – 3.00pm

Dates for meetings from February – April are:

Thursday 23rd February
Thursday 30th March
Thursday 27th April

Come along and give it a try; if you are coming, please try to arrive by 1.30pm.

Light refreshments, i.e. teas and coffees etc will be available.

Contact Dee/Ethney for further information on: 020 7704 0501

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Asperger's Group

This is a support group for adults with Asperger's syndrome living in the London area.

It is a chance to meet others, to talk about common issues, and to support and help each other.

The group meets at the Autism London offices at: 1 Floral Place London N1 2FS

Dates for meetings from February – May are: -

Tuesday 7 th February	Voluntary work/work experiences and employment issues
Tuesday 7 th March	<i>Back by popular demand:</i> Romantic Relationships
Tuesday 4 th April	Coping with change

**Come along and give it a try; if you do come along,
please try to arrive between 6.30pm and 7pm.**

Contact Dee/Ethney for further information on: 020 7704 0501

We would like to take this opportunity to ask you to take part in a short survey regarding the bi-monthly bulletin. Inside the bulletin you will find this survey.

Please take a few minutes to have a look and respond. Please can you forward the feedback form either by fax or post to me here at autism London (address on back of front cover).

Thank you

Tanya Camilleri

Supporters Forum

My Digital Box And My School Days

I have a British Telecom Digital Box, which I can use as a computer in conjunction with my Television Set. That means I can send emails and explore the web with my Digital Box. With my Digital Box I found my old school Wallington Independent Grammar School which closed down in July 1972 over 33 years ago. I could not find my last school Broad Green College, which I think also, closed down probably in the 1990s. I wanted to as I lost a photograph of my self and my form. While I was at Wallington Independent Grammar School they did not go into photography as far as I can remember. With my Digital Box I was able to find their Old Boys Association and photographs of many of my Masters at that school including a large photograph of my ex Deputy Head Master who is still alive. All the teachers were men and I think they all smacked and most slipped. Most of the masters I think have died but two or three out of ten of my masters are still alive. At Wallington Independent Grammar School they used the slipper and lines and Saturday Morning Detention as a "teaching aid" and not just as a punishment. They would give a hundred lines to help us remember something. A boy was taught how to subtract in Algebra in the bent over position. I was given an extra maths lesson in the Saturday Morning detention class and had my back slapped as well. Infact a few years before I came to the school the whole school got slipped for rioting. They told that story to warn us to own up so the innocent do not get punished. I read about the whole school being slipped on the Wallington Independent Grammar School Web Sight in the early 1960s, which brought back memories. I was at that school from 1968 until 1970 and was unhappy at that old fashioned school. On the other hand I found it thrilling seeing photographs of my ex-masters on my television set and reading about the school. I never thought I would ever see photographs of my schoolmasters or learn what happened to them. I have already emailed a boy who left in 1963 and has given me the address of the deputy head who is still alive.

I am thinking of taking the step of contacting the Deputy Head Master and one of the things I would ask him if it would have made any difference if we had known I had Asperger's Syndrome. They kept complaining about my mother helping me with my homework I still find it very useful to be helped in a work situation or a learning situation. I think this story is about modern life and my old fashioned school days.

David Shamash.

THE INTERNET. FIRST INTRODUCTION

While holidaying in German in July 1994, I was first introduced to the Internet by a tutor at a Teachers' Training College situated in Dillengen. My cousin who I was staying with, introduced me to a tutor teaching there at the time. I can still remember after all this time, his contact showing me a weather forecast map on Ohio. Little did I know back then, that he was introducing me to the Internet for the very first time.

Back in 1994, I was then, learning Microsoft Word at City and Hackney Mind in East London. When the Internet did become even more popular the following year, my tutor gave the class a lesson on how the internet worked. Eventually, I was to go online myself. But not until the late 1990's.

During the early days, I wasn't happy when, suddenly, I was disconnected. Back then, there were either teething problems with some Service Providers, or, after about 2 hours, some deliberately disconnected the User. Also, there was no Anytime or Broadband alternatives. Only 'Pay as you Go.'

Coming up to date. I am with AOL and have been for some time now and are in my opinion, a very good provider to be with. Although I had connecting problems with them when I first moved to Ilford, these were eventually ironed out after much complaining to them and also with BT.

On a positive in which to end. The Internet for me, has opened my life. It is definitely good that there is no end of knowledge. I have gained a penfriend who I am often in regular contact with. The BT directory too, is useful and save money because I don't have to go through directory enquiries. Right now, I wouldn't be without the Internet in which to communicate and, finding the relevant information that I am looking for.

Michael Feldman

BOOKS

By Louis Baworowski

Louis Baworowski's career has included social work, academic research and journalism. For several years, he also worked as a volunteer writer for the National Autistic Society, preparing abstracts (summaries) of scientific and general articles on ASD for the Society's database. He is the father of Osian, a 24 year-old with autism. The aim of this regular column is to cover works of interest to readers of *Autism London Bulletin* irrespective of publication date. Where non UK-English spellings appear in titles, names or quotations, it is due to the spellings employed in the relevant sources.

C. Gillberg and M. Coleman, *The Biology of the Autistic Syndromes*, 3rd edition (London: MacKeith Press, 2000) ISBN 1-898683-22-0

My reason for citing this medical textbook, by two authorities of international standing, is that it includes some lines on autism's status and multiple causation, that are a good deal clearer than the statements encountered in some far more popular works: "...there is no such disease as 'autism'; there is only the autistic syndrome [pattern of symptoms]...Autism is ...many disease entities that occur in the central nervous system at the earliest time periods in the life of a child, pushing that child's behavior into abnormal patterns... There are a finite [limited] number of ways in which the infant brain can respond to injury. Two of them are autism and mental retardation [or both!], both... have many different etiologies [causes]. There is overwhelming evidence for organicity [organic features] in both disorders... Is there one medical therapy for autism, or is such a therapy likely to be developed? The answer is 'no'... There is simply no way of avoiding the painstaking task of diagnosing each child, one by one... Early diagnosis is an important goal; both infectious and metabolic factors could, theoretically, yield to targeted therapies. A number of children with autism are now entering regular classrooms, thanks to early educational programs and pharmacotherapy..." (ps. 301-2 and 304)

D. Williams, *Autism and Sensing: The Unlost Instinct* (London: Jessica Kingsley, 1998) ISBN 1-85302-612-3

Donna Williams' autobiographical works are arguably the best ever written by a person with autism. Her more general books about ASD, such as *Autism: An Inside-Out Approach* and *Autism and Sensing* are also of value, for their ideas, insights and descriptions of "autistic" experiences. However, I do consider that Donna's writing style is much less adapted to clear, well ordered and closely argued theorising than to personal narrative. In *Autism and Sensing* she makes light of the differences between autism and "normality", *except* perhaps inasmuch as the book is heavily focused on her own notions concerning the stages of mental development. She refers to these stages by such unwieldy concepts as the "system of sensing" and the more sophisticated "system of interpretation" which in the usual course of things supplants it. Donna does suggest that people with developmental disabilities may linger in the realms of sensory or the sensed (ps. 21 and 37-38), but the manner in which autistic people, whether affected by impeded development or not, differ from other diagnostic groups is barely touched upon.

For a book supposedly about ASD, *Autism and Sensing* must be unique, in that the term "autism" is almost never used. In the opening pages, the author explains that the word is "less substantial... than a piece of lint" and that autism is merely, "...an internal human 'normality' with the volume turned up. We all have experienced moments when we aren't quite aware or when we are too aware to handle the world" (p. 9). This casually dismissive manner of dealing with an extremely complex issue is hopelessly inadequate. Whether the concept of autism is valid or not, depends on whether there it is a distinct syndrome that can be differentiated from others, and whether the impairments associated with it are linked by something other than chance co-occurrence. This is in no way resolved by the statement that normal people and those with autism both experience fluctuating levels of awareness. Mere assertion does not constitute an analysis of what the defining features of autism actually are, nor are differences of degree necessarily meaningless: we do not, for instance, equate a coma with a momentary lapse of

attention. A substantial proportion of people with autism have learning difficulties, are without the power of speech and need lifelong care. The fact that so many of them are unable to live independent lives is itself evidence that the differences can be very far from lint-like.

Donna's concept of "sensing" appears to include just about every mystical, normal and even paranormal manner of apprehending the world, short of sophisticated reasoning. She also discusses cognition in terms of a progression from the sensory → to the literal → to the significant, but makes no attempt to tell us how her opinions fit in with those of other thinkers, for example Piaget. According to Donna, we were all once "sensing" beings, even though we have forgotten this (ps. 93 and 125). Our histories are presented rather as follows:

- 1) Our bodies are separate from us. We are incarnated into them and leave them when we die (p. 12). As I have already had occasion to point out in previous reviews, identifying with their bodies does not always come naturally to autistic people. Donna states: "I was somewhere between three and five when my body...started to make its presence felt...Later, I tried to escape the sensed entrapment of physical connectedness, first spiritually by getting out of it [Donna tells us that she has had out-of-body experiences] and later physically by trying to pull it off from its suffocation of the me inside, slapping at it, punching it and later trying – physically – to run from it but the damn thing just came after me" (p. 53). Until the age of seven or eight, Donna believed that she could walk through walls. (p. 27)
- 2) Nevertheless, at the earliest period of our lives, the world was experienced as a part of our own being. We then moved away from this "pure, essentially egalitarian, boundaryless realm of no self, no other where we have belonging among all things...[and] move away from the 'God' in all things..." (p. 28). This is, of course, a well-known theme: Plato maintained that, "...every soul of man has in the way of nature beheld true being...[but that souls] may have lost the memory of the holy things which once they saw." (Quoted in J. James ed., *The Way of Mysticism*, London: Jonathan Cape, 1950, p. 35) Wordsworth wrote of it in his famous poem, "Intimations of Immortality from Recollections of Early Childhood". Even Freud, though hostile to religion, held that an infant at the breast "does not as yet distinguish the ego from the external world" and that an "oceanic feeling" exists in many people, which can be traced back to "an early phase of ego feeling". (J. Strachey ed., *The Standard Edition of The Complete Psychological Works of Sigmund Freud*, Vol. XXI, London: The Hogarth Press, ps. 64-73.) Early religious experience is explored in a number of books, including E. Robinson, *The Original Vision: A Study of the Religious Experience of Childhood* (New York: The Seabury Press, 1983).
- 3) Donna writes that before we were able to use our physical senses with intention, we were able to see, hear and feel with "shadow senses" (p. 26). She refers to this ability in herself: "It was as though some part of 'me'... could see without my eyes, hear without my ears, touch without my hands... I began using non-physical senses to make sense of my environment. I could see but it did not naturally occur to me to look" (ps. 36 and 53). The author's concept of "sensing" includes the feeling that people may have that they know each other without having met, the ability to discern the atmosphere of a house, the capacity to detect that something isn't in keeping with the surface behaviour of an individual and an inner knowing directing one to the right place (p. 11). The "system of sensing" also includes everything from the raw sensory to the numinous. "Unless drunk or on drugs, most people interpret beyond the sensory. They do not perceive themselves as just in the company of fleshy...material with fibrous stringy matter" in the presence of other human beings (p. 14). On the other hand, looking at a chandelier reminded Donna of experiences she had of " 'merging with God' because I could resonate with the sensory nature of the object with such absolute purity and loss of self" (p. 15). At the age of about ten, Donna would attain "resonance" with the colour of a billiard ball, and says that if people could understand how rapturous becoming one with a colour made her feel, some might regard it as "far less crazy" than other ways of occupying one's time at that age (p. 22). Aldous Huxley, on the drug mescaline, experienced "the Absolute in the folds of a pair of flannel trousers" and his "participation in the manifest glory of things left no room for...the ordinary concerns of human existence, above all for concerns involving persons." A. Huxley, *The Doors of Perception* (London: Flamingo, 1994) ps. 21-22.
- 4) The culminating phase of development attained by normal adults is what Donna calls the "system of interpretation". What this can involve is not only higher reasoning ability but the assumption of roles and attitudes which, without us necessarily being aware of it, are false and distance us from our real selves. It can therefore bring loss as well as gain. Some of us live "performed lives as living corpses." (p. 75)

Notices & Conferences

Beat the Bullies

We have found a very useful website, bullying online which offers help and advice for children and their parents with bullying.

Web: www.bullying.co.uk

Lyme Regis Foods

Food allergy is often implicated in cases of hyperactivity. Lyme Regis Fine Foods produces a range of naturally healthy snacks free from artificial sweeteners, colours and flavourings. All products are suitable for vegetarians; some vegans and all are free from hydrogenated fats.

For further information:

Email: info@lymeregisfoods.com or visit their website: www.lymeregisfoods.com

Parents of Autistic Children Together

P.A.C.T's Website has been updated and now includes current service information and events.

For further information visit the website: www.pact-uk.co.uk

Mencap Islington

New deal for Disabled People (NDDP). The government has introduced NDDP to help sick and disabled people into work. Mencap aim to advise and help, as well as job search.

For more information please contact Susan Jacques on: 0207 700 4690

The Essex Autistic Society

Details: Holds a 'drop in' discussion group for parents of children with autism.

Venue: Woodcroft School, Loughton, Essex

Day: Tuesdays 3pm – 4.30pm

For more information please contact Paula Muir: 01206 577 678

Case studies wanted

Details: Fathers of children with learning difficulties. Examples of good practice with fathers of children with learning disabilities are sought by the Foundation for People with learning disabilities, for their new research project: Recognising Fathers

For more information contact Christine Towers on: 020 7803 1158 or visit the website on:

www.learningdisabilities.org.uk

Resources for Autism

Details: Activities for youngsters with autism and Asperger's Syndrome – youth group for 12-16 year olds.

Day: Wednesday 6pm – 8.00pm

For more information contact: 020 8458 3259

Notices & Conferences

NAS - Advocacy for Education Service

Details: The National Autistic Society's Advocacy for Education Service provides advice, information and support to help parents whose children are on the autistic spectrum to get the most appropriate educational provision for their child. They can provide advice on issues such as: statutory assessments, statementing, annual reviews, and tribunals.

For more information please contact the service on: 0845 070 4002

ASNA

Details: Special Needs Fundraising Concert, artist include pianist who is blind and autistic

Day: Saturday 28th January 2006

Venue: Wesley Methodist Church, Queen's Road, Reading

Time: 6pm – 8.00pm

Tickets: Adults £6.00 Children 10 +under £3.00

For more information contact: Sophia Nichols at asna@speciall.fsnet.co.uk

St Mark's Social Education Services

Details: St. Mark's Day Service provides day care and social education to people with autism and learning difficulties who are experiencing emotional and behavioral difficulties.

For information please contact: 0208 845 9743 or email: stmarkdayservice@btconnect.com

Autism Behaviour Management

Details: Social Communication and Visual Systems: how to develop your communication with your child better. Helen Joy is a qualified speech and language therapist and also a teacher. Helen will be covering social stories: using short stories to help your child deal with different and difficult situations.

Venue: Centre 404, 404 Camden Road, London N7 OSJ Tel: 0207 445 8005

Parents of children with a special need who are residents of Islington –session is free

Parents of children with a special need who are outside residents of Islington please call number above to enquire about costs.

Asperger's Syndrome Foundation

The seminar is aimed at Parents/Carers and Professionals supporting those with Asperger's Syndrome. Seminar will also include a talk by Professor Ann le Couteur.

Details: Practical Strategies for Difficult Moments

Day: Wednesday 8th February 10.00am – 3.30pm

For more information contact: 0207 610 4050 or email: info@aspergerfoundation.org.uk

(As a result of feedback from previous Seminars, children under 18 may not attend).

Congratulations!

Autism London would like to pass their regards to Stars in the Sky, run by Haringey Association for Independent Living. For receiving Top Prize from The community Care 2005 Awards.

The service it's self is a dating and friendship service for adults with learning difficulties in London, who received top accolade in social care last month.

Well done!

ASPITALK

By Desmond Meldrum, an adult who has recently been diagnosed with the condition

Desmond Meldrum is available to give talks on his personal experiences as well as general advice in coping with Asperger's syndrome to organisations and support groups for a negotiated price on application.

Desmond has over three years experience in communicating to groups and organisations on this subject and has also written a book published through Autism London which shares his observations and experiences of the condition.

Excerpt from book

'I started developing strange habits such as standing in the playground with my head cocked sideways and my mouth wide open staring into space, thus attracting even more attention. I also used to jump about in a peculiar manner while indulging in a fantasy world of my own'

Since 1993, Desmond also has been an active volunteer in the field, providing much valued support to the work of Autism London and on 2001 became a member of Autism London's management committee.

**For more information please contact Desmond Meldrum at
Autism London on: 0207 704 0501 or email
desmond@autismlondon.org.uk**

We are always keen to hear from our supporters with news of what they've been up to so that we can include it in the bulletin.

If you have anything to share just send it to: c/o Tanya Camilleri Autism London, 1 Floral Place, London N1 2FS or email me on: Tanya@autismlondon.org.uk

autism london

Bulletin Feedback Survey

We welcome your feedback, ideas and suggestions. To help us continue to make The Bulletin useful, informative and interesting we would be grateful if you would take a few minutes to fill in this feedback form and return it to us either by post or email.

How long have you been a subscribed member at Autism London?

Less than 6 months

1yrs – 3 yrs

More than 4 years

Which sections of the bulletin do you enjoy the most ?

Which sections of the bulletin do you find least useful or informative ?

What would you like to see more of in the bulletin?

What would you like to see less of in the bulletin?

Please rate your favourite part of The Bulletin on a scale of 1 to 5 (1 being your favourite or most informative part and 5 being the least favourite or least informative part).

Support Service Update	
Book Reviews	
Supporter's Forum	
Notices & Conferences	
Helpline Update	

What improvements, if any would you suggest for the bulletin?

Would you consider receiving the bulletin via electronic mail instead of a hard copy through the post?

Yes

No

Please would you return the form to us at:

Autism London – Bulletin Feedback Survey
c/o Tanya Camilleri, 1 Floral Place, London N1 2FS.

Thank you for your feedback.