

news

from **Balance Asperger Syndrome Team**

Welcome to our 7th edition of the Balance Asperger Syndrome Team's newsletter!

The aim of the newsletter is to provide you with updates and information on what is happening at Balance and we aim to publish a newsletter every 3 months. We want to include your contributions to the newsletter so please send these to us and we will consider them for the next edition.

These can be reviews of social groups you have attended, poetry, events you think others would be interested in attending, useful websites etc. We also welcome suggestions on how we can develop and improve the newsletter.

DRAMA GROUP

The inaugural meeting of an exciting drama project run in collaboration with St Marys College Twickenham took place on recently at Hollyfield House.

Patsy Gilbert, Head of drama at St Marys brought 15 students from her course to design and run a series of workshops.

13 participants from the Balance AS service took part in the afternoon, which involved much laughter, discussion and role play and culminated in a mini performance. The group will meet again in April when they start work on a piece on the subject of Anxiety, due to be performed on 2nd May in St Mary's Theatre.

You can still get involved in what promises to be a great experience!

Please contact Vicky for details!

Monday Drop-In (All age group)

The AS drop in takes place **every Monday Morning** (excluding bank holidays) from **10.00-11.30 a.m.** at the **Balance café** in the King Charles centre, Hollyfield Road. Please come and join us for a coffee and a catch up. Everybody welcome!



Wednesday Drop-In (Aged 18-30 group)

The AS Youth drop in takes place **every Wednesday afternoon** from **2.00-3.30 p.m.** at the **YMCA café** in Surbiton, Victoria Road. Games and newspapers available or just come for a coffee and catch up! Anyone aged 18-30 welcome!



Social groups

A great big GRAZIE to all those who came along to Frankie and Bennys back in January. An excellent night out!

Bah-humbug!

In December we had a festive outing to the Rose theatre to watch a production of Dickens' A Christmas Carol.

There was a fantastic turnout, with 15 of us enjoying the show and refreshments beforehand in the Rose Café. With impressive special effects (particularly the portrayal of the ghost of Jacob Marley!) and memorable performances, including live music on stage, everyone enjoyed this creative production of the Christmas classic!



A Bond-ing Experience.

Back in October the AS social group ventured up to the Royal Albert Hall for our 2nd Friendship Matinee. This year the theme was James Bond films and the event was glamorously hosted by ex Bond girl, Fiona Fullerton.

As usual the afternoon flew past and we all thoroughly enjoyed the experience, which we hope to repeat later on in the year.

What Makes You Happy ?

John Hayball, who is a fluent German speaker, has been a regular attendee at a Self Help group for people with Asperger syndrome which takes place in Wuttertal, North Rhine Westphalia, Germany.

On 16th January, the topic for the meeting was 'Happiness' and each participant was asked to relate their own source of happiness. Answers included preparing a meal, reading a good book and in general 'the small things in life'. For John it includes cooking at home, a feeling of achievement in any field and being happy when close friends are happy.

What do you think is needed to achieve happiness? Strength, courage and support from outside to overcome fear and yearn for change? Does one have to leave ones own comfort zone to meet happiness? We are eager to hear your thoughts so do please email or text us with your views and ideas



Diary
dates

Upcoming social group dates

Saturday 27th February ,2.00 p.m

Trip to the Globe Theatre for a relaxed performance of Twelfth Night.

Group to meet at Surbiton station at 12.30 p.m.

Please note this event is now full.

Tuesday March 22nd

Trip to Charrington Bowl Tolworth

6.00 -8.00 p.m .Please note this event is open to 25 + Group.

Drama Group:

The next sessions of the Drama Group will take place on:

4th ,11th ,18th and 22nd April from 1.30 – 4.00 p.m at Hollyfield House.

Come along and have some fun.
No previous experience necessary.

All welcome !



Congratulations



To former A.S Team leader Emily Duffett who got married recently

Creative corner

Haiku on an Orange by Louisa .

We saw an orange,

On the floor lost and damaged

I picked it up

Yuck!

balance
enabling independence