

Serendipity

Issue 3

Social

MAY 2021



Autism Hampshire Awards Special



A special thanks to those who contributed to this issue of Serendipity Social

To contribute or get involved please email: deborah.goatley-birch@autismhampshire.org.uk

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Letter from the CEO

Debra Harrison-Sales



Autism Award Winners:

I would like to congratulate the winners of the Autism Awards for 2021. By now most of the winners will have received a plaque from Autism Hampshire in recognition of your service and dedication, in particular during lockdown, which has been so difficult for us all. It seems quite incredible that a year has passed since the pandemic caused our first national lockdown and whilst this past week has been a period of reflection on the impact that this has had on all our lives, there is hope for the future as we see the gradual easing of lockdown restrictions.

It is also with pride that I report that all Autism Hampshire's services continue to function as follows

- Head Quarters remains open with a rotation of both the Senior Management Team and HQ staff to ensure support to you all. Our managers are at the end of the phone or email.
- Our IAG service and student mentoring service continue to offer support via the phone and Microsoft Teams meetings.
- Our online Serendipity groups and ACE wellbeing sessions

As always, I would like to hear if you have any ideas regarding how we can better support our groups, you can email me at:

Debra.Harrison-Sales@autismhampshire.org.uk

Once again, I would like to thank all staff, volunteers and experts by experience for your hard work over the last few months. I look forward to the summer months and to the time we can once again meet up in person! In the meantime, keep safe and please continue with the practise of HANDS, FACE, SPACE.

Take care and be safe!

Kind regards

Debra

Serendipity Online

Until we are able to resume face to face meetings, we will still be holding our groups online.

Autism Hampshire have set up virtual group meetings on days and times when the physical groups would normally be meeting through the Microsoft Office platform TEAMS.

You can join in with which ever group you would like but if you have any questions then please do ask.

There will be someone from Autism Hampshire joining these sessions for now and for those groups that do not currently have a volunteer to facilitate the group, we will continue to come to the group meetings.

If you come along late to a session and nobody is there then the meeting may well have ended early, you can always drop us an email to check.

The link to join our online groups will be sent to you if you have an email address registered with us, more detail then contact:

serendipity@autismhampshire.org.uk



Latest online group dates and times:

Monday	Tuesday	Wednesday	Thursday	Friday
29 Mar Aldershot 2-4pm PHIL Park Gate 7-9pm	30 St James Park 11-1pm LAURA	31 Winchester 1-2:30pm PHIL	1 Apr	2 Eastleigh 4-6pm
5 Portsmouth 5-7pm	6	7 10:30 Fareham Group 10:30-12pm	8	9 Eastleigh 4-6pm
12 Aldershot 2-4pm Park Gate 7-9pm	13 St James Park 11-1pm	14 Winchester 1-2:30pm	15	16 Eastleigh 4-6pm
19 Portsmouth 5-7pm	20 Mayflower 11-12:30	21 10:30 Fareham Group 10:30-12pm	22	23 Eastleigh 4-6pm
26 Aldershot 2-4pm Park Gate 7-9pm	27 St James Park 11-1pm	28 Winchester 1-2:30pm	29	30 Eastleigh 4-6pm
Monday	Tuesday	Wednesday	Thursday	Friday
3 May	4	5 10:30 Fareham Group 10:30-12pm	6	7 Eastleigh 4-6pm
10 Aldershot 2-4pm Park Gate 7-9pm	11 St James Park 11-1pm	12 Winchester 1-2:30pm	13	14 Eastleigh 4-6pm
17 Portsmouth 5-7pm	18 Mayflower 11-12:30	19 10:30 Fareham Group 10:30-12pm	20	21 Eastleigh 4-6pm
24 Aldershot 2-4pm Park Gate 7-9pm	25 St James Park 11-1pm	26 Winchester 1-2:30pm	27	28 Eastleigh 4-6pm
31	1 Jun	2 10:30 Fareham Group 10:30-12pm	3	4 Eastleigh 4-6pm

Stay Safe!

Due to government guidelines on social distancing, all 'official' Autism Hampshire Serendipity group meet ups have been put on hold until further notice.

No 'official' Serendipity groups are meeting up until safe to do so. We will let you know when groups can run safely again.

Some group members are organising their own face to face meetings which you can read about in this issue.

We still want to hear from you! If you are interested in / or know anyone who would be interested in joining one of our Serendipity groups, please get in contact:

serendipity@autismhampshire.org.uk.

or phone 01489 880 881.

Our Serendipity Development Officer



Hello friends,

It's been lovely to meet more new members in what is becoming a whopping fun and caring Serendipity community. There really is something for everyone, we have some new groups and volunteers who should be up and running in a month or two as well as a calendar full of virtual meets.

From philosophy to the Teletubbies, mental health to virtual quizzes...all groups are supported by our dedicated volunteers who come rain, shine, lockdown hair and dodgy Wi-Fi, they are still busy planning fun things to do.

Please feel free to send me an email if you have any questions, ideas, want to get involved or require further information:

deborah.goatley-birch@autismhampshire.org.uk

Volunteer Opportunities

Serendipity Social Group Facilitator

Are you interested in Volunteering at one of our groups? Would you like to be involved in providing opportunities for autistic adults to meet up with each other? Apply to become a Serendipity social group facilitator.

Purpose of the role: To support the running of the Serendipity social groups. These groups are for adults (18+) who are on the autism spectrum and are looking to increase their social opportunities and meet other people who are on the autism spectrum.

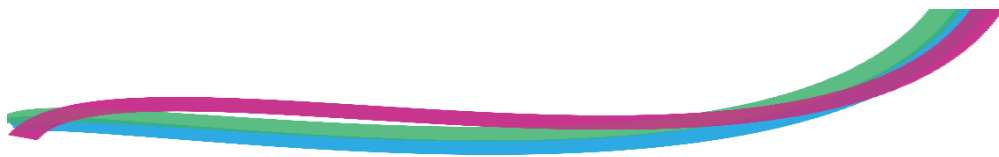
Time Commitment: Groups used to run 1.5 to 2 hrs per session and meet weekly, fortnightly or monthly. They are not presently meeting due to Covid. Whilst we value regular commitment, you will be joining a team, so you do not need to be available for every session.

Tasks include:

- support the facilitation of a social group for adults who are on the autism spectrum
- welcome and support group members, to ensure the group is accessible for everyone
- understand and work within the ethos and objectives of the project
- provide feedback to, and liaise with the project team to develop the group
- attend project meetings and events

To find out more about volunteering at one of Autism Hampshire's Serendipity groups please email : serendipity@autismhampshire.org.uk or phone 01489 880 881.

Autism Awareness week 2021



Autism Awareness week 2021

A selection of entries from the art exhibition



NINA RIDEOUT
Winchester, 2021
#photography



ALEX FORSHAW
Fleet, 2021
#Digital



ALEX FORSHAW
Fleet, 2021
#abstract art #photography
#digital #photography



CARDLYN NICHONBHAI
Metamorphosis, 2021
#digital #performance art



ISABELLE MANGAN
Collage, 2021
#photography



LISA BAIRD
Hampshire, 2021
#digital #photography



LISA BAIRD
Hampshire, 2021
#photography



JESSICA MCMANUS
Southampton
#digital



JESSICA MCMANUS
Southampton, 2021
#digital



THOMAS MANZUR
Hampshire, 2021
#painting #shield



JESSICA MCMANUS
Southampton, 2021
#digital



JESSICA MCMANUS
Southampton, 2021
#photography #digital #photography
#digital art



JESSICA MCMANUS
Southampton, 2021
#digital



PIPPA FOORD
Hampshire
#drawing



KATERINA SIMMONDS
Hampshire, 2021
#drawing



KATERINA SIMMONDS
Hampshire, 2021
#drawing



SUSAN DAY
New Forest
142 x 129.7 cm (h x w)
#drawing



DERYCK VAN STEENDEREN
50 point 5 - Divide and Conquer
60 x 80 cm (h x w)
Giclé Printed on Cansen Aquarelle Rag
watercolour textured paper



DERYCK VAN STEENDEREN
50 point 5 - Divide and Conquer
60 x 80 cm (h x w)
Giclé Printed on Cansen Aquarelle Rag
watercolour textured paper



DERYCK VAN STEENDEREN
50 point 5 - Divide and Conquer
60 x 80 cm (h x w)
The artworks giclé printed artworks are 80 x 60 cm, including white borders, on Cansen Aquarelle Rag watercolour textured paper.
Giclé Printed on Cansen Aquarelle Rag
watercolour textured paper



DERYCK VAN STEENDEREN
50 point 5 - Divide and Conquer
60 x 80 cm (h x w)
Giclé Printed on Cansen Aquarelle Rag
watercolour textured paper



DERYCK VAN STEENDEREN
50 point 5 - Divide and Conquer
60 x 80 cm (h x w)
Giclé Printed on Cansen Aquarelle Rag
watercolour textured paper

We are pleased to announce the winners of our Autism Awards 2021!

The Autism Champion winners are:

- [Microlink](#) for creating employment opportunities for people on the autism spectrum.
- [J.P Morgan Chase & Co.](#) for creating employment opportunities for people on the autism spectrum.
- [SERT](#) for being fundraising champions to support people on the autism spectrum.

The Autism Hero winners are:

- Lawrie McMenemy MBE for his dedication to fundraising
- David Carter for his dedication to Autism Awareness Training
- Daniel Cox (12) for fabulous fundraising during lockdown
- Daniel Jeffery for his autism awareness training
- All our serendipity facilitators for supporting others on the autism spectrum, they include:
 - - Joanne Clements
 - Cameron Sheach
 - Marjory Webber
 - Tina Betts
 - Daniel Geddes
 - Tom Pitchford
 - Jason Evans
 - Veronica Price
 - Aaron Garrett
 - Philip Diaper
 - Marian Murphy
- All members of our Experts by Experience group for supporting others on the autism spectrum, members include:
 - Deborah Goatley-Birch
 - David Burns
 - Dave Serpell-Stevens
 - Gill Prestidge
 - Leigh Taylor
 - Luke Syddall
 - Alex Forshaw
 - Jon Adams
 - Lee Corless
 - Su Seymour



Award Winner Photo's





Not all the awards have been delivered yet so please keep your photos coming

Serendipity Word Search

S	T	J	A	M	E	S	L	E	V	H	J	F	W
F	F	A	R	E	H	A	M	A	O	A	O	W	I
T	T	N	W	A	V	R	X	S	L	M	K	I	F
A	X	E	L	N	E	I	O	T	U	P	E	N	U
L	V	U	A	D	P	F	A	L	N	S	S	C	N
K	E	W	U	O	Q	M	S	E	T	H	P	H	D
I	W	I	G	V	C	B	N	I	E	I	A	E	R
N	A	U	H	E	U	G	X	G	E	R	R	S	A
G	L	M	I	R	V	L	T	H	R	E	K	T	I
F	K	M	N	W	B	W	F	U	S	V	G	E	S
D	I	N	G	M	E	E	T	I	N	G	A	R	I
H	N	S	E	R	E	N	D	I	P	I	T	Y	N
D	G	G	P	V	S	K	X	D	Q	A	E	H	G
N	W	V	H	M	A	Y	F	L	O	W	E	R	T

EASTLEIGH
 ANDOVER
 LAUGHING
 SERENDIPITY
 MAYFLOWER
 FAREHAM
 PARKGATE
 WALKING
 HAMPSHIRE
 TALKING
 FUNDRAISING
 VOLUNTEERS
 JOKES
 STJAMES
 MEETING

Random Fun Facts about the month of May

1. May is generally thought to have been named after Maia, the Greek goddess of fertility.
2. The Roman poet Ovid had another idea: May, he said, was named for the maiores (the elders) and June for the iuniores (youth).
3. No month of the year either begins or ends on the same day as May.
4. According to old superstitions, you should not buy a broom, wash blankets or get married in May: “Marry in May and you’ll rue the day”
5. Nine UK prime ministers were born in May, which is more than any other month.
6. In the nursery rhyme “Here we go gathering nuts in May,” the word “nuts” was probably a corruption of “knots” meaning bunches of flowers
7. A maypole was built in 1543 that was 100 feet high. Isaac Newton later purchased the pole in 1713 and used it to prop up a telescope.
8. The Eurovision song contest is always held in May. The United Kingdom has won the event five times – the last win was 17 years ago.
9. The two flowers of May are the hawthorn and the lily of the valley – the birthstone is the emerald.
10. It was on 1 May in 1931 that the Empire State Building was officially opened.
11. Maypoles were actually banned in England in 1644. Those who were found to have erected them were fined five shillings every week it was standing.
12. To fans of the sci-fi series 4 May is commonly known as Star Wars Day (May the 4th/May the force) and many use it as an excuse to re-watch the movies.
13. Famous people born in the month of May include Bob Dylan, Adele, John F Kennedy and Mr T.



Movie Quiz

Questions

1. What is the name of the actor who plays the new 007 in the upcoming Bond film No Time To Die?
2. How many Steven Spielberg films has Tom Hanks starred in?
3. In 2013, Lupita Nyong'o became the first Kenyan and Mexican actress to win an Academy Award – which film did she win it for?
4. The Dig – the 2021 Netflix film starring Carey Mulligan and Ralph Fiennes – is about the real-life excavation of which Suffolk-based estate?
5. Inigo Montoya is a character from which 1987 Rob Reiner film?
6. What year was the first Toy Story film released in cinemas?
7. Who directed Titanic, Avatar and The Terminator?
8. Which three films make up what is known as the Three Flavours Cornetto Trilogy?
9. Who directed Parasite – the first foreign-language film to win the Academy Award for Best Picture?
10. Which Oscar-winning actress is the voice of Helen Parr (Elastigirl) in The Incredibles?
11. Name the 2015 film spinoff to the Rocky series starring Michael B. Jordan.
12. Meryl Streep won a Best Actress BAFTA for which 2011 political drama?
13. BD Wong voices Captain Li Shang in the animated musical Mulan, but which 70's teen heartthrob provided the character's singing voice?
14. Which actor broke two toes whilst filming The Lord of the Rings: The Two Towers?
15. Name the three movies in which Meg Ryan and Tom Hanks have starred together.
16. What is the highest-grossing box office film of all time?
17. Russell Crowe turned down the role of which character in Peter Jackson's Lord of the Rings trilogy?
18. How many films have Kate Winslet and Leonardo DiCaprio starred in together?
19. Name the film which boasts the famous line: "You can't handle the truth!"
20. What is the first word spoken in Star Wars: The Empire Strikes Back?

Answers on last page

Recipe for tasty Cupcakes

Ingredients

No need to make a stop at the grocery store for these cupcakes. They use basic ingredients that you most likely have in your kitchen

For the Vanilla Cupcakes

Here's what you'll need to make the vanilla cupcakes:

- all-purpose flour
- baking powder
- salt
- unsalted butter
- sugar
- vegetable oil
- vanilla extract
- eggs
- milk

For the Vanilla Buttercream Frosting

Here's what you'll need to make the creamy vanilla buttercream frosting:

- unsalted butter
- powdered sugar
- vanilla extract
- water or milk
- salt



How to Make Vanilla Cupcakes

1. **Preheat Oven & Prepare Dry Ingredients:** To start, preheat your oven to 350°F and insert liners into your cupcake pan. In a medium-sized bowl, combine flour, baking powder & salt and set aside.
2. **Mix Wet Ingredients:** In a large bowl, add your butter, sugar, oil and vanilla extract, beating together until the mixture is light and fluffy. This will take no less than 3-4 minutes. You'll want to add your eggs next, one at a time, mixing after each until mostly combined. Scrape the sides of the bowl as needed to ensure all ingredients are well incorporated.
3. **Combine Wet & Dry Ingredients:** Add half of your dry ingredients to the large bowl and mix until it's mostly combined. *Before you add the next half*, slowly add the milk and mix until well combined. The batter might look a little curdled, but don't worry! It's supposed to look like that at this stage.
4. **Combine Next Half of Dry Ingredients:** Add the rest of your dry ingredients, scraping the sides of the bowl as necessary. Mix until smooth and combined, but make sure you *don't over-mix the batter*.
5. **Bake Your Cupcakes:** Fill the cupcake liners 3/4 full and bake for 15-18 minutes, or until a toothpick inserted into the centre comes out clean. Remove the cupcakes from the oven and let them cool on a cooling rack.

Vanilla Buttercream for Cupcakes

This creamy vanilla buttercream frosting is super easy to make in one bowl. You may have noticed that these cupcakes are loaded with frosting. That's because **I made one and a half times the frosting called for in the recipe.** It's my personal opinion that you can never have too much frosting, especially when it comes to this particular vanilla buttercream.

Cream the Butter and Sugar: Add butter to a large mixing bowl and beat until smooth. Add half of the powdered sugar and mix until it's smooth and well combined.

1. **Add Milk or Water:** Add the salt and 1-2 tbsp of the milk or water, mixing again until well combined. Then, add in your remaining powdered sugar and mix until smooth. You can add more milk or water to alter the consistency if you'd like.
2. **Pipe the Frosting:** Pipe or spread your frosting onto your cupcakes, decorate to your liking and enjoy!

Tips for the Best Vanilla Cupcakes

- **Make sure you cream the butter, sugar, oil and vanilla completely.** This will ensure that your cupcakes turn out perfect and that they're not too dense.
- **It's a good idea to add a bit more milk or water if your frosting comes out too thick.** Do this a little at a time to avoid thinning it out too much.
- **Let your cupcakes cool completely before you frost them.** If you don't, the buttercream will melt and all your pretty piping will be ruined. You want the frosting to stay smooth and velvety.



Group member
feature...



Wildlife Photography
by Jason Evans

Red Kite 1



Red Kite 2



Kestrel Hovering



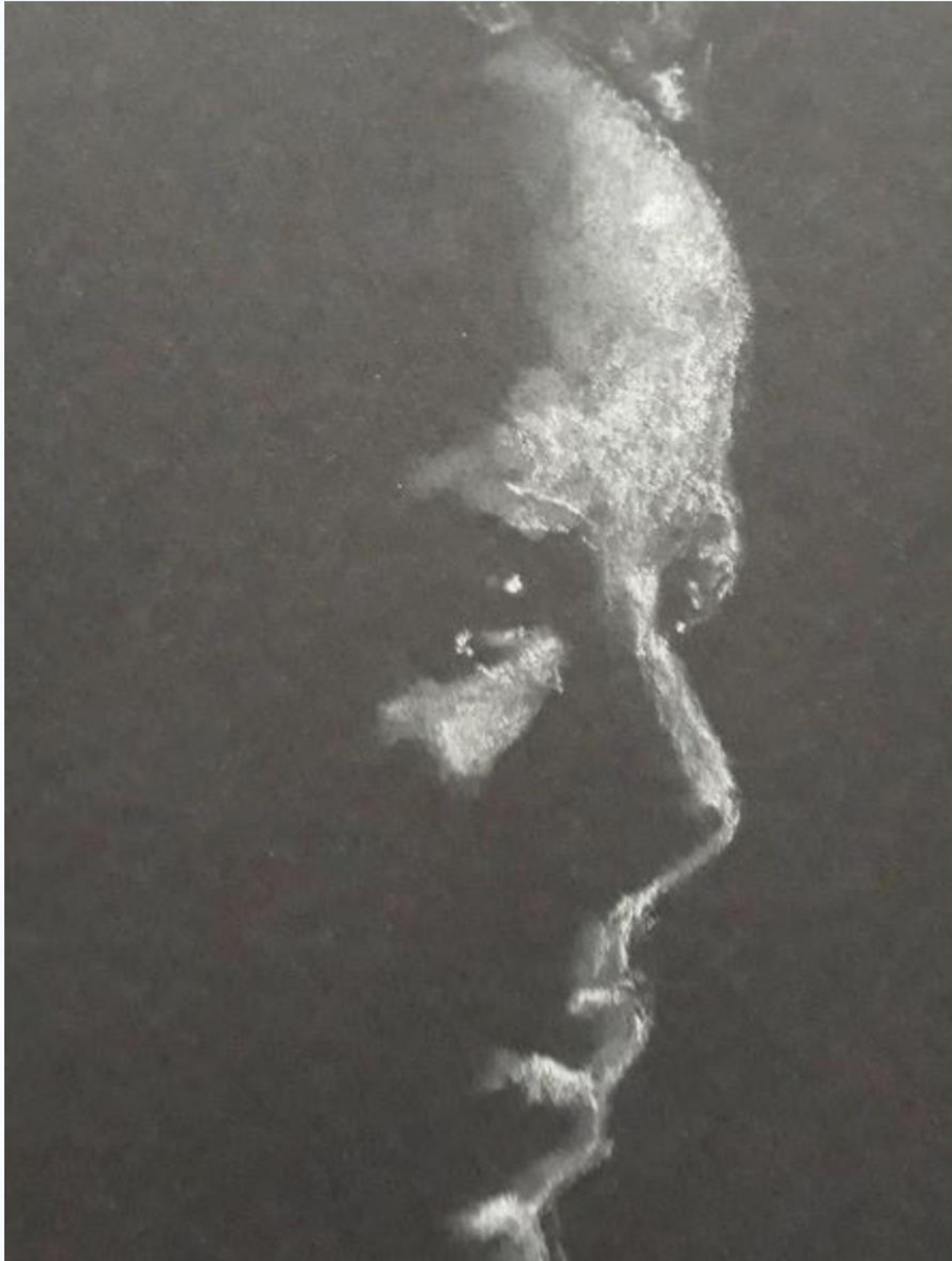
Kestrel Perched



Group member
feature...



Drawing in chalk by
Darren Hockey



Fundraising Opportunities



ABP Southampton Marathon 5th September 2021

Pick your distance. Expand your limits.

Book your place with confidence with our Covid-19 Guarantee

10km, Half-marathon and full marathon slots available

Date: Sunday 5th September 2021

Races available: 10km, half-marathon and full marathon.

Entry fee: £20

Minimum fundraising target: £75 for 10km, £100 for half-marathon and £200 for full marathon

To book on: Please contact fundraising@autismhampshire.org.uk

What have our groups been up to?

Did you know?



The Mayflower Group

We meet on Teams alternate Tuesdays 11-12.30

Did you know that as well as Volunteering for Autism Hampshire, facilitating and planning meetings, Daniel Geddes who runs the Mayflower serendipity group, also runs his own Autism Group on Facebook called:

“Southampton Autism Events”

Here’s what they have been up to:

My group have been joining Facebook live, it took us a while to learn communicate to each other via Facebook video calls

Once we had got used to it we found ourselves meeting lots new members, chat about shopping and accessing the shops.

This a fun play group where we chat about finding it hard with sensory, mobility and other Autism problems well on transport and shopping.

We also do fancy dress party's, play cards right and live disco party all on video calls.

Finally!!! We start to meet with new members at new forest wildlife park for which social distance works very well in the open spaces.

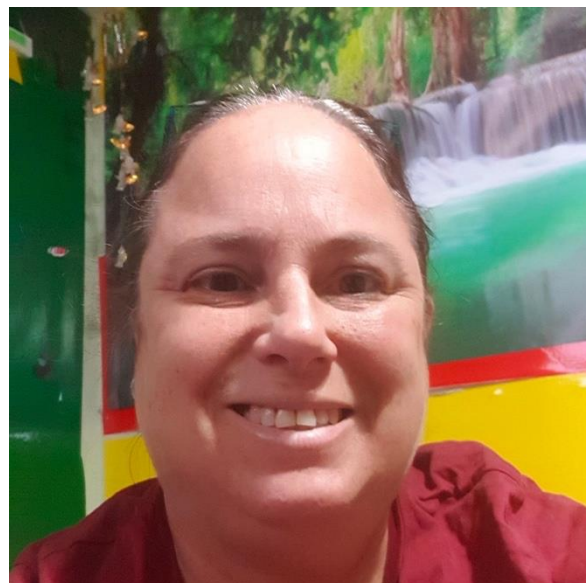
We have all had lots talks about, mental health, how to support each other with support buddies calls, lads and lady's chat.

We looking to visiting Porchester Castle and Isle of Wright zoo in May and many other exciting events I run through my own group on Facebook called **“Southampton Autism events.”**

The Fareham Serendipity group

A note from Tina:

I'm Tina, I run Gosport and Fareham groups. We meet at Stubbington Baptist church on Wednesdays 11-12.30 and on every other Saturday cinema group on a Saturday at Fareham. We are a friendly group, and we are all autistic. We are like one big happy family. We do picnic days out and much more a lot of games and arts and crafts at group we are here to support you and all welcome



The Fareham Serendipity group

Meets in Stubbington 11-12.30 alternate Wednesdays. This group is also on Teams 10.30-12.30



Eastleigh Serendipity Group

Eastleigh Serendipity group usually meets at the Wellbeing Centre in Eastleigh – corner of Leigh Road and Nutbeem Road. We usually meet every two weeks from 2 – 4 pm.

It is open to those people who want to chat or listen to others. The chatting time gives us a chance to talk about our interests, what we have done, what we would like to do and anything else that comes to mind. Topics of discussion range widely and have included music, news, astronomy, films, nature, and fancy lighting for rooms.

We have three 'hosts' – Marjory, Cameron and Jason. Since the Lockdown we have been meeting weekly on-line – Fridays from 4-6pm. This also includes a Quiz at 5pm on Teams

Anyone is welcome to join in, to watch or take part.

An original cartoon by Dry Si



CREATIVE

Weaving stories



Knitted Square project



ACE Serendipity GROUP CREATIONS

The group meet on a
Thursday for a short course
of creative wellbeing
activities

ACE Serendipity GROUP CREATIONS

COMING SOON!

Air drying clay,
easy project, materials provided

If you are interested, please contact IAG:

information.advice@autismhampshire.org.uk

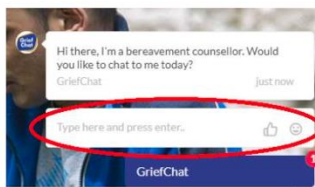
General Enquiries Tel: 02380 766162



Grief Chat

<https://www.mencap.org.uk/advice-and-support/dealing-bereavement>

GriefChat is available **Monday to Friday**, from **9am to 9pm** (or by email out of these hours to info@griefchat.co.uk).



This document has some information about a service called **Grief Chat**



You can use this service to type messages to a **counsellor**.



You can talk to them if someone you love has died.



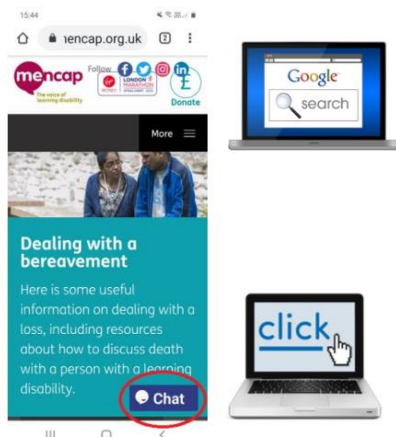
You can tell them about your feelings.



They will reply to your messages and will be kind and supportive.



A **counsellor** is someone who has special training to help you think about and understand your feelings.



To use GriefChat you can type into the chat box on this website [here](https://www.mencap.org.uk).

It is at the bottom on the right.
GriefChat is open from 9am to 9pm
from Monday to Friday.



If you type in the box when we are closed, we ask for your email address so that we can email you back when we are next open.



The counsellors at GriefChat will not know your name or any other details about you unless you choose to tell them.



If you tell them, they will not tell anyone else unless they think you or someone else might be unsafe or at risk of being hurt.

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This information was made with thanks to Photosymbols.

Employment Pathways



Improving employability to support autistic job seekers

Resources supporting autistic people find and maintain employment:

[Finding Employment](#) - NAS free online course for autistic jobseekers

UoP Autism Employment tool

kit: <https://sites.google.com/port.ac.uk/autismemploymenttoolkit/>

- To help you find employment, the website [Evenbreak](#) carries vacancies where the employer is *actively seeking* applications from disabled people.
- [Disability Rights UK](#) produce disability rights and benefits factsheets – [including one's on employment](#)

Resources for employers to become neurodiverse:

- [Employing autistic people - a guide for employers](#) - NAS employment guide for employers
- Employers can use organisations such as [Business Disability Forum](#) to assist them with making improvements to their recruitment methods.
- Supporting the recruitment of autistic employees: <https://network.autism.org.uk/good-practice/evidence-base/supporting-recruitment-and-retention-autistic-employees>



Mental Wellbeing

Autism Hampshire Autism Assistant APP



Spectra5 Autism Assistant App

Autism Hampshire's Autism Alert App has been upgraded and by following a few simple steps, you can enjoy the benefits of the new improved version, which is now called the Spectra5 Autism Assistant App.

Why use Spectra5?

The app is designed to help you when you need support from the police or emergency services. It can help you feel safer in situations that you find challenging and enable you to communicate more effectively.

Spectra5 can also be helpful in your daily life including work, education and leisure.

How can I apply to get the app?

Visit: <https://autismhampshire.org.uk/how-we-can-help/spectra5-app>

If you need a paper form or to request assistance, please email:
information.advice@autismhampshire.org.uk

General Enquiries Tel: 02380 766162

Autism Hampshire

Information, Advice & Guidance

Information, Advice & Guidance service

Autism Hampshire offers an information, advice, and guidance service for adults, young people and children on the autism spectrum, their parents, carers and professionals. The service is available free of charge for people in Hampshire including Southampton, Portsmouth and the Isle of Wight.

Please note that although we are still available by phone, there is no access to our offices at this time.

We are available on the telephone

(Monday to Thursday 9 am - 5 pm, Friday 9 am - 4:30 pm)

By email

Email: information.advice@autismhampshire.org.uk

General Enquiries Tel: 02380 766162

Information, Advice & Guidance Offices:

Autism Hampshire, 1646 Parkway, Whiteley, Fareham, PO15 7AH
Tel: 02380 766162

Frank Sorrell Centre, Prince Albert Road, Southsea, PO4 9HR,
Tel: 02392 814723

Wellbeing in lockdown



Coronavirus and Your Wellbeing: You might be worried about coronavirus (COVID-19) and how it could affect your life. But there are lots of things you can try that could help your wellbeing

Mindfulness: It can be easy to rush through life without stopping to notice much. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

5 Steps to Mental Wellbeing: Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

Five Ways to Work Mindfully in the Era of Coronavirus: Perhaps coronavirus forced your hand, but there is no doubt that we are all in a time of significant evolution when it comes to the world of work.

Covid Wellbeing guide - **[FACE COVID: How to respond effectively to the Corona crisis](#)**



Autism Hampshire Services



Information, Advice & Guidance Helpline

02380 766162 / information.advice@autismhampshire.org.uk

Monday to Thursday 9 am - 5 pm, Friday 9 am - 4:30 pm

Autism Alert Card

Our Autism Alert programme supports people who are on the autism spectrum should they find themselves in any type of contact with the police or other emergency services. There is a wallet card and an autism assistant app; both are provided free for any Hampshire resident. For more information or to request a card please contact our Information and Advice team.

Service Directory



Emergency numbers – [which one to use?](#)

Mind – [Helpline](#) 0300 123 3393

Solent Mind – [Coronavirus Wellbeing Helpline](#) 023 8017 9049

iTalk – [Self-referral](#)

If you are experiencing a personal crisis, are unable to cope and need support, text Shout to 852558 or visit the Shout [website](#)

The National Autistic Society provides a [Hospital Passport - 'My Health Passport'](#) – which is a resource for autistic people who might need hospital treatment.

Don't forget on the Autism Hampshire website you can use the 'Local Autism Directory'

www.autismhampshire.org.uk/local-autism-directory/



Answers

1. Lashana Lynch
2. Five – Saving Private Ryan, Catch Me If You Can, The Terminal, Bridge of Spies and The Post.
3. 12 Years a Slave
4. Sutton Hoo
5. The Princess Bride
6. 1995
7. James Cameron
8. Shaun of the Dead, Hot Fuzz, The World's End
9. Bong Joon-ho
10. Holly Hunter
11. Creed
12. The Iron Lady
13. Donny Osmond
14. Viggo Mortensen, whilst kicking a helmet.
15. Joe Versus the Volcano (1990), Sleepless in Seattle (1993) and You've Got Mail (1998)
16. Avengers: Endgame
17. Aragorn
18. Two (Titanic, Revolutionary Road)
19. A Few Good Men
20. Echo

