

MUSTARD SEED AUTISM TRUST

AUTUMN 2020



“The best way to find yourself, is to lose yourself in the service of others.”

Mahatma Gandhi

A NEW SEASON



It's a new season but the challenges of living in a pandemic continue for all of us.

Our staff team resumed face to face work with children in September. They are focusing on supporting those who were on the waiting list before lockdown. There have obviously been some changes to our service delivery - we have paused group work, we wear masks or visors for sessions, take temperatures of all visitors to Frimhurst and do a LOT of cleaning in between sessions!

During lockdown one of the most important things we did was LISTEN. We listened to parents and children describe the challenges they faced, we listened to other professionals and organisations as we all sought to navigate these unprecedented times, and we listened to the wider autism community and their responses to Covid 19. Every project Mustard Seed has developed has been a response to the needs in our local autism community and this has been no different during the pandemic. We are offering more on-line support and made changes to the way we run programmes to enable parents to implement new techniques and activities at home. We uploaded resources to support children onto our website and have plans to develop this further into a "Resource Hub" - watch this space!

We have also used this time to start exploring plans for the future, secure funding, and access on-line training. Despite the challenges, it has been a season of learning, reflecting and improving our projects and we have been grateful for the time to do this.



IN THE SPOTLIGHT...



Peter Jeffery has been a Trustee for Mustard Seed for 2 years and became our Treasurer in June 2019. Peter and his wife Fleur have helped with our Sibling group since 2016.

He has known Sarah and Francis, our charity's founders, for over thirty years, and has always had an admiration for the passion with which they support autistic children and their families.

Peter considers there to be six important F's in his life:

- His **faith**: he is a committed Christian and active member of a local church where he helps to lead the older teenage youth group.
- His **family**: Peter and Fleur have two grown up children, and a large extended family who enjoy spending time together.
- His **friends**: An extension to his family, Peter has many close friends from his various walks of life – including those he works with and supports at Mustard Seed.
- His **fitness**: Peter enjoys the great outdoors. Whether it's a local walk, climbing a mountain, or one of the many outdoor sports (he's tried 5)
- Having **fun**: Peter enjoys games, running quizzes, travelling, sitting around a fire on camp, and many other things that warm his heart.
- The things that **further our lives**: The things that enable all of the above. Which includes his work as a Program Office Manager for a global Telecommunications Test Equipment Manufacturer.

WE NEED YOUR INPUT!

As we plan for the future of Mustard Seed, we are seeking feedback from families, organisations and our local community to help us shape the best possible service. Please email us your thoughts.....

info@mustardseedautism.co.uk



- What do we need to keep doing?
- What do you need that we don't provide?
- What could we do better?
- Any other suggestions?

GRATEFUL THANKS

Our Covid19 Response work over the summer and through the season ahead has been made possible by the generosity of the following funders:

- The Shanly Foundation
- The Community Foundation for Surrey
- Tesco Bags for Help
- Douglas Arter Foundation
- HIWCF NET grants
- National Lottery and Government Coronavirus Support Fund
- Give Local/United Way
- Hart District Council
- Comic Relief, Groundwork and DCMS
- Sun Life Canada
- The Julia and Hans Rausing Trust



Thanks also to our wonderful regular donors for your on-going commitment to our vision, especially in these challenging times.

Have you checked out our new fundraising platform? Some interesting ways to support charities - take a peek!

<https://www.peoplesfundraising.com/home>



HOW WE ARE HELPING

Thanks to our supporters we have been able to make a difference in the lives of many local families. Here is some of our recent feedback:

"The siblings group is something my kids genuinely look forward to and hate to miss. It gives them both a true sense of belonging and acceptance."

"Thank you for all your help; as we implement your suggestions we see definite progress!"

"There have been times that I've been scared for my child and it is the biggest comfort to me knowing that if I have any worries, I can get advice over the phone or through email. Even in lockdown with enough panic out there, they are there helping parents like me to support our children in the best way possible."

"Without Mustard Seed's support things would have continued to spiral downwards for all of us. Covid 19 and the interruption in schooling and routine intensified the behaviours that were already there, taking them to extreme levels."

"After the session T seem so calm and regulated he was happy and calm for quite a period of time. He really enjoyed the session and said it was the best appointment he had been too. I cannot explain how much this one session has helped and how amazing it was to have someone understand T."



We believe little seeds of change can make a big difference - just look what a tiny mustard seed grows into! There are lots of little ways you can support us too.....

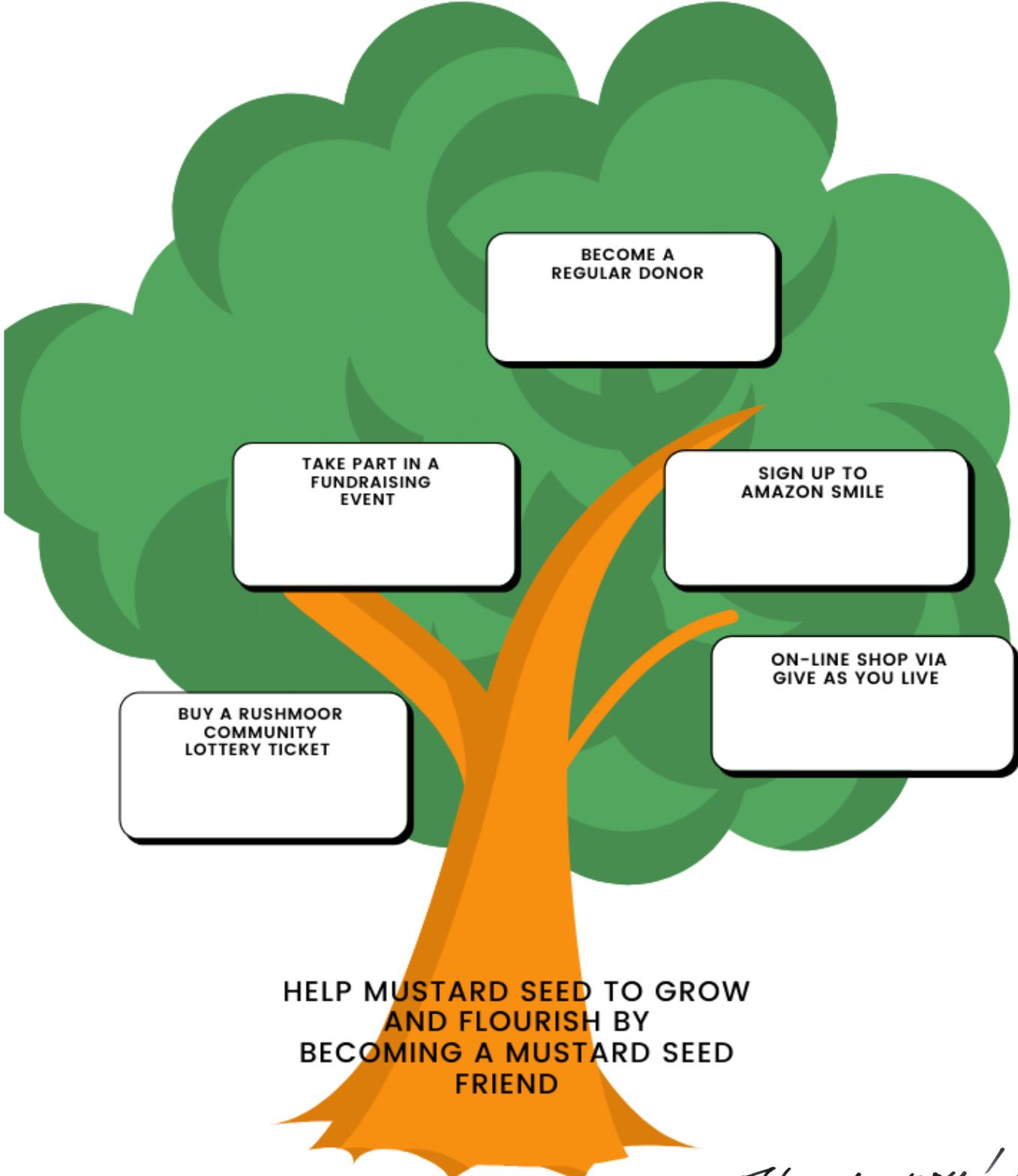


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WAYS TO HELP US

How to contribute to our work



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EVENT

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AMAZON SMILE

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COMMUNITY
LOTTERY TICKET

ON-LINE SHOP VIA
GIVE AS YOU LIVE

HELP MUSTARD SEED TO GROW
AND FLOURISH BY
BECOMING A MUSTARD SEED
FRIEND

Thank you!

