



Size of Oversized DL  
114x229mm  
Window 20mm  
from left edge  
Address text is 22mm  
from left edge

Mr AB Sample <Supporter\_ID>  
Any House  
Any Street  
Any Town  
Any County  
AB1 2CD

393 City Road  
London EC1V 1NG  
T: 020 7833 2299  
E: nas@nas.org.uk  
www.nas.org.uk

June 2012

**PRINTER  
DO NOT  
PRINT THIS  
LINE - FOLD  
LINE ONLY**

FOLDS to fit  
Size of Oversized DL  
114x229mm

*"The NAS is like a light - it helps me to know there is always  
somewhere to go."*

**1st fold**  
at 99mm from top edge

Dear <Mr Sample>,

**2nd fold** (99mm) at  
188.5mm from top edge

I hope you don't mind me writing to you personally. Recently, I heard a story that moved me so much that I felt compelled to share it with you. As Chief Executive of The National Autistic Society (NAS) I've met a lot of incredible families – but many of them are struggling to get the support they deserve.

**3rd fold** (106mm) on  
perforation line at 294mm  
from top edge.

Anna was just 18 months old when she started to bang her head on the floor. Her speech was delayed and she had dreadful mood swings. Anna's mother Carol was told she was simply being "over-anxious" by her GP.

Things hit crisis point when Anna started school. It was then that Carol decided she was not going to leave her GP's surgery until she was listened to and her concerns about her daughter were taken seriously. She literally refused to budge. As a father of four, I know I would have done the same.

**PRINTER  
DO NOT  
PRINT THIS  
LINE - FOLD  
LINE ONLY**

Carol suspected Anna had an autism spectrum disorder (ASD) but it took her another two years of appointments with specialists before her suspicions were confirmed. Anna finally received a diagnosis of Asperger syndrome (an ASD) when she was six years old; four long years after her GP told her she was "over-anxious".

Although the diagnosis was unsurprising to Carol, the lack of awareness and support she received from many of those around her was entirely unexpected. But I hear stories like this too often – and it genuinely saddens me.

**Fortunately, the NAS listened, advised and supported Carol when no one else would. But we can only be there for families like Carol's thanks to the support of people like you <Mr Sample>. Could you help us to be there for other families with a gift of <£15> today?**

Carol was able to attend some local workshops run by the NAS, which tackled issues like how to manage challenging behaviour and gave her tips and strategies to help cope with daily family life. She said:

*please turn over*

*Accept difference. Not indifference.*

**PRINTER  
Perforation  
here along  
dotted line  
and FOLD  
LINE**



### Reply Slip

Please complete the form and return to the NAS in the freepost envelope provided.

Mr AB Sample  
Any House  
Any Street  
Any Town  
Any County  
AB1 2CD

<Supporter\_ID - Appeal:Package code>

I'm donating  <£xx>  <£xxx>  <£xxx> other £\_\_\_\_\_

I enclose  Cheque  
 Postal Order  
 CAF Voucher  
(payable to The National Autistic Society)  
 I would like a FREE copy of the NAS guide  
to wills and trusts

Please debit my credit/debit card:

Mastercard  Visa  Maestro  CAF Card

\_\_\_\_\_

Issue No (Maestro only) \_\_\_\_\_ Start date (if listed) \_\_\_\_\_

Expiry date \_\_\_\_\_ Security code\* \_\_\_\_\_

\* You will find the 3-digit security code on the signature strip

Signature \_\_\_\_\_ Date: \_\_\_\_\_

*giftaid it*

(Please tick) I am a UK taxpayer. Please treat all donations made to The National Autistic Society in the last 4 years and all future donations as Gift Aid donations, unless I notify you otherwise.

To qualify for Gift Aid, what you pay in Income Tax and/or Capital Gains Tax must at least equal the amount we claim in the tax year.

If you do not want to receive any future postal communications from the NAS please call 0808 800 1050 or email supporter@nas.org.uk





*"The NAS workshop reassured me that what I was doing was right. Sometimes you feel totally inadequate, but it gave me the confidence to carry on."*

Not only were these workshops vital for Carol to get invaluable advice but crucially they offered her the opportunity to meet other parents who understood what she was going through; something that Carol says was "a lifesaver".

I find it particularly heartening to hear how the NAS is making a difference to families like Carol's. **This is only possible with the support of people like you and I hope you are as proud as I am to be part of a charity that makes such a big difference to people's lives.**

The problem is, we're unable to help all the families that need us – though our family support seminars helped 750 families last year, there are many, many more that need us. And while our Autism Helpline received 56,771 calls last year, we were unable to answer around a fifth of the callers trying to get through. I would love nothing more than to reach more families. In Carol's words, "the NAS is like a light and helps me to know there is always somewhere to go" – with your help, I would like us to be that light for more families.

**If you could give a gift of <£15> today you will help us to always be here to support families affected by autism.**

You'll be pleased to hear that Anna is now nine years old and studying at a mainstream school. Academically she is doing very well. Anna finds it hard to socialise with other children, which can upset her and is a big worry for Carol, but she has a small group of friends that she plays with. Carol says:

*"Anna is a special little girl, unique and one of a kind. With the help and support I get from friends, family and The National Autistic Society, I have a sound belief that she will grow and flourish into a happy adult who is able to contribute fully in society."*

Whether you decide to give a gift today or not, please accept my heartfelt thanks for your support of families affected by autism.

Yours sincerely,

Mark Lever

P.S.: I've enclosed a photo of Carol with Anna and her big brother Marco, who looks after Anna at school. Carol says that Anna's quirkiness can sometimes overwhelm her with joy. Please be as generous as you can to help more families like theirs.

- 
- > **Help us answer more calls from families needing advice and support.**
  - > **Help a family attend one of our post-diagnosis seminars and learn how to cope better with their child's behaviour.**
  - > **Help us to always be a friend to people with autism and their families.**

**Every penny you give is spent wisely – 97p in every £1 goes directly to help people with autism and their families.**

The National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039427) and a company limited by guarantee registered in England (No.1205298, registered office 393 City Road, London, EC1V 1NG. 617 310512

