

The IRIS Magazine

November 2022

ULTIMATE WINTER BUCKETLIST

**WINTER WARMERS –
HELP IN THE HOME**

**DIY CHRISTMAS
GIFT GUIDE**

For Parents Of Children And Young People With Special Educational
Needs And Disabilities in Nottingham and Nottinghamshire

iris 
PROJECT



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WELCOME TO IRIS MAGAZINE!

Welcome to the November 2022 issue of IRIS!

For many of our readers, you have just completed your first half term of the academic year at school, college or maybe even university! We hope you're all having a good time so far and are settling in well.

This is the last magazine of the year, which means the next issue will land on your doorsteps and in your email inboxes in 2023! So, while it might feel a bit early right now, we are here to get you prepared for the festive period in this edition of the magazine!

We've got you covered with overviews of the financial support available during the cost-of-living crisis as well as ideas on how to prepare for the expense of Christmas. We've also included lots of exciting information on accessible and inclusive events happening across Nottinghamshire this winter! Keep an eye out for an advert from Ten Fifty night club who we have teamed up with to share details of their annual autism Christmas party!

We hope the rest of 2022 is full of adventures and we look forward to seeing you all in the New Year!

The IRIS Team



MESSAGE FROM ASK US

We hope that you have all had a lovely end to your Summer and a well-deserved break from routine during the October Half Term. We would like to thank everyone who has worked hard, alongside us, to improve the outcomes of children and young people with special educational needs and disability these last few months.

As we head into the Autumn Winter term we usually hear from families who have found the transition back into education challenging. This time is exciting for many children and young people, with new classes, new teachers and new friendships groups. For other children and young people get in touch with Ask Us Nottinghamshire, if you would like any advice or support around special education need and disability matters. We are here to support you with communicating with educational establishments about what your child is going through, and what support they can and should be putting into place for your child.

Ask Us Nottinghamshire Team



Please call us on 0800 121 7772 if you would like to chat.

WINTER WARMERS

From home hacks to grants and payments, there are plenty of things you can do to take off the chill. Here are just a few of them:

As the days and nights get chillier and everyone tries to keep an eye on their energy bills, we thought we would share some ways to keep warm in the winter without having to crank the heating up.

Invest in Thermal Bedding

There's nothing quite like getting into a warm and cosy bed at the end of a chilly day, which is why investing in thermal bedding is a great idea. It helps to keep you and your bed warm throughout the winter, and it can be used year after year, making it well worth the money!

Make Use of Your Microwave

One of the quickest ways to boost your bills is to be cooking a meal from scratch every day - ovens and hobs can rack up quite the bill! By batch-cooking tasty meals and storing them in the freezer, you can have something fresh and filling on the table in a matter of minutes, rather than after a couple of hours.

There are plenty of websites online that you can visit to find some fantastic batch cooking or money-saving recipes - we recommend The Batch Lady and Cooking on a Bootstrap for starters.

DID YOU KNOW: It costs less money to keep a freezer cold if it's full, so stocking up your shelves is another way to save!

Release Your Radiator

As nice as it might feel to get snuggled up on your sofa and feel the heat from the radiator behind you, it could actually be making your house colder! In order to feel the full benefit from your radiator, there shouldn't be any furniture getting in the way.

You can make the whole room warmer by rearranging your furniture to ensure your radiator has the space it needs to circulate hot air around the room.

Sharpen up your Shower

A steamy shower is a great way to warm up when you've been out in the cold but spend too much time in there and it's not just water that's going down the drain. However, two simple swaps could have you saving well over £200 a year on your water bill.

The first is to trim your times down. Just one minute less in the shower could save you around £80 a year!

The second is more of an investment and might not be possible in every household, but it could save you up to £195. That's right - water-efficient shower heads can save up to 40% of the water used in the shower, without compromising your water pressure. They generally cost between £20-£40, so you'll be saving money in the long run.

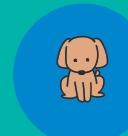
Make your own Draught Excluders

After all the work you've put in to keep your house feeling cosy, don't let a draught come along and ruin it. You can easily cover up those nooks and crannies that bring in the breeze by making your own draught excluders at home!

All you need is a few simple materials that you may already have lying around the house, and it's a great way to spend an afternoon crafting with the family. Head to Page 12 for instruction on how to get started.

TOP TIP: Try not to have your sofa or armchairs near external walls, as these are chillier spots! Placing them against internal walls is the best way to tap into some natural warmth.

While being more careful with energy usage in the home can help cut some costs, there are also government payments and grants that you may be eligible for which could help you with paying the bills this winter.



Payment Support

Cold Weather Payment

Cold Weather payments come into effect if the weather in your area is recorded as 0 degrees Celsius or below for seven or more consecutive days from November 1st to March 31st. If this is the case, you receive a £25 payment for each 7-day period.

In some cases, having a child who is disabled makes you eligible for this payment. Payments are made automatically, so you do not need to apply. If you think you should have received the Cold Weather Payment but haven't, you can get further support from the Pension Service or Jobcentre Plus.

Warm Home Discount Scheme

If you are in a low-income household, you may be eligible for the Warm Home Discount Scheme. This scheme entitles you to a sum of money off your electricity bill (or gas bill if you are with the same provider.) The money is not paid directly to you but is taken as a one-off discount from your bill between October 2022 and March 2023.

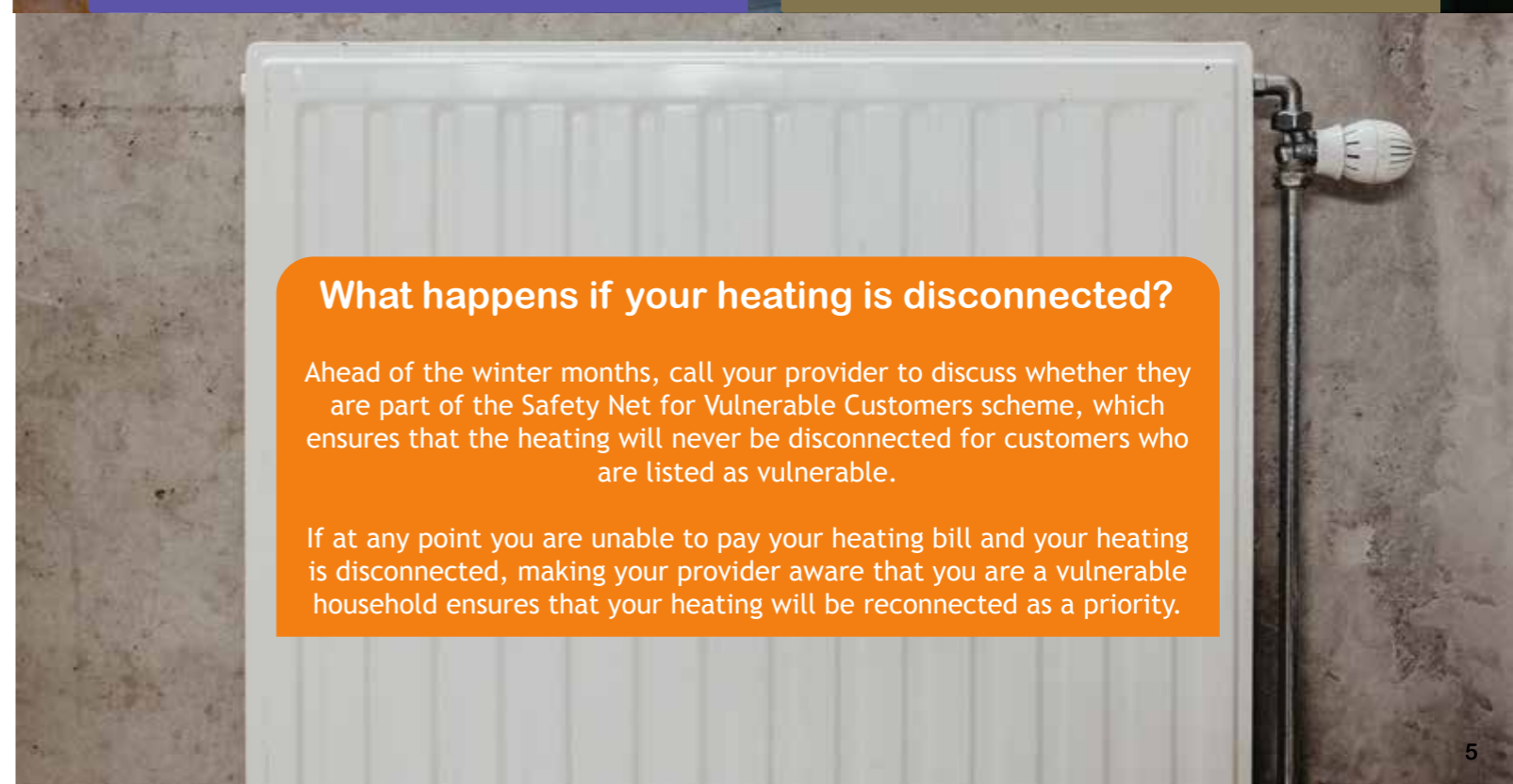
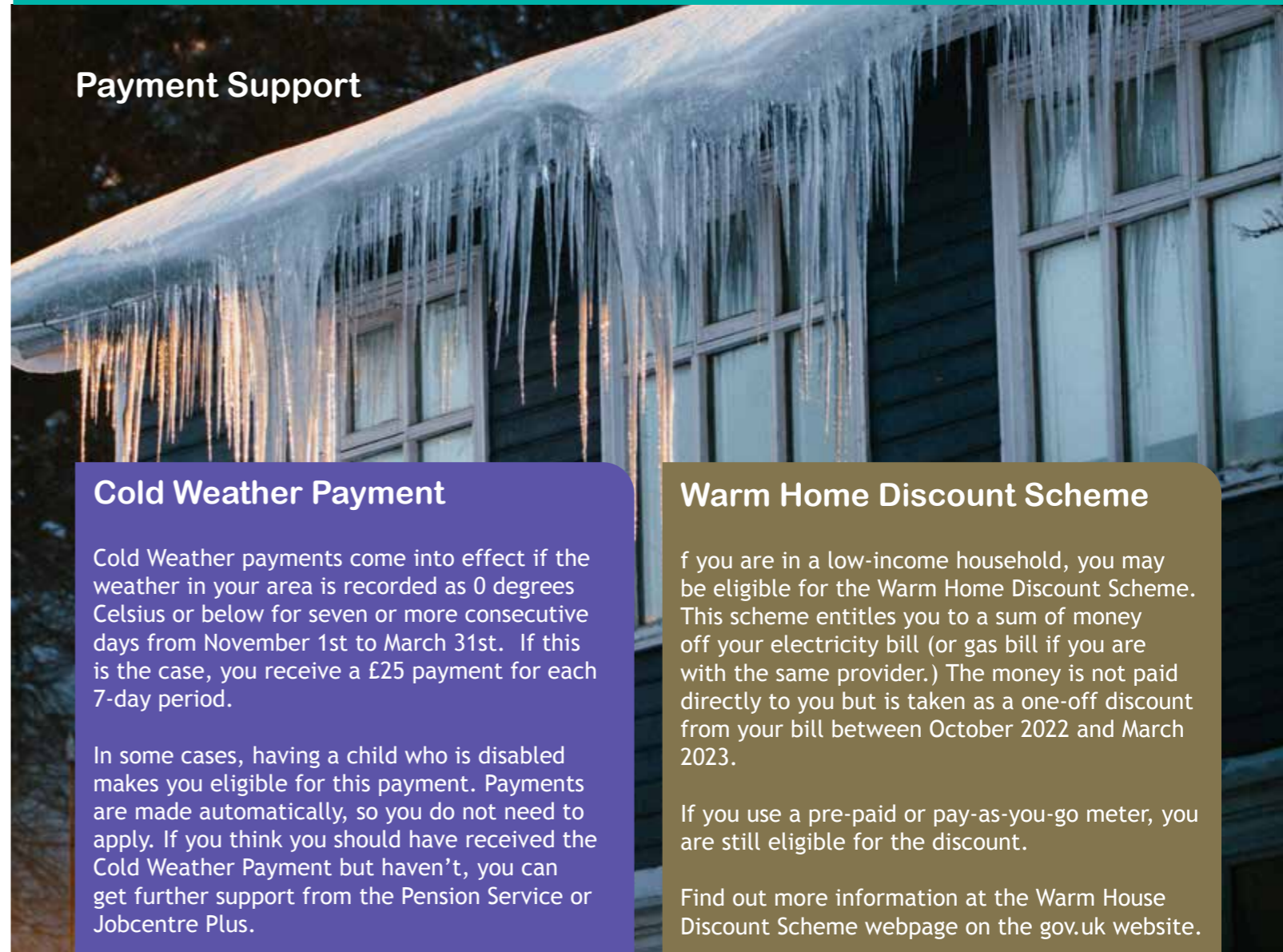
If you use a pre-paid or pay-as-you-go meter, you are still eligible for the discount.

Find out more information at the Warm Home Discount Scheme webpage on the gov.uk website.

What happens if your heating is disconnected?

Ahead of the winter months, call your provider to discuss whether they are part of the Safety Net for Vulnerable Customers scheme, which ensures that the heating will never be disconnected for customers who are listed as vulnerable.

If at any point you are unable to pay your heating bill and your heating is disconnected, making your provider aware that you are a vulnerable household ensures that your heating will be reconnected as a priority.



THINGS TO DO IN NOTTS THIS CHRISTMAS



While it can be nice to stay in and wrap up warm when the weather turns cold, it's also great to get out and experience what Nottinghamshire has on offer when things take a turn for the festive!

From ice skating to pantomimes, take a look at some of the fun things the whole family can get involved in this winter.

Snow White and the Seven Dwarves

Nottingham's Theatre Royal

If you enjoy the campy camaraderie of a pantomime, it's time to book your tickets for this year's spectacular show. This year, the Theatre Royal have included several accessible showings in their run:

Sign Language Interpreted:

Thursday 15th December 2022 - 1:30PM
Sunday 18th December 2022 - 1:30PM
Friday 6th January 2023 - 7:15PM

Audio Described:

Saturday 17th December 2022 - 2:30PM
Sunday 8th January 2023 - 1:30PM

Relaxed Performance:

Wednesday 4th January 2023 - 2:30PM

Captioned:

Saturday 8th January 2023 - 2:30PM

For further information or to book your tickets, you can visit www.trch.co.uk or call their Box Office on 0115 989 5555.



The Singing Mermaid

Lakeside Arts, Nottingham

Discover the story of the Singing Mermaid at Lakeside Arts this winter! With magnificent puppets and catchy songs used to tell the tale, this show is suitable for children aged three and above, with accessible showings available to make for a fully enjoyable experience.

Sign Language Interpreted:

Saturday 17th December 2022 -
11AM, 2PM and 4PM

Relaxed Performances:

Wednesday 28th December 2022 -
1PM and 3:30PM

You can book your tickets online at www.lakesidearts.org.uk



Supportive Screenings

Savoy Cinema Worksop

Every Sunday at 10am, you can visit Savoy Cinema in Worksop for Supportive Screenings.

These are autism-friendly showings with low-level lights and reduced volume to allow for a more comfortable viewing experience.

Films are suitable for U and PG-rated audiences and change every week, so keep an eye on the website for any festive specials!

You can keep up to date online at www.savoyworksop.co.uk



Ice Skating with Festive Characters

National Ice Centre, Nottingham
Sunday 4th December 2022

The relaxed ice-skating party is perfect for children who feel more comfortable in a calm environment without flashing lights and loud music. In this session, they can skate with famous festive characters and even have some photos taken.

For more information about times and requirements, call the National Ice Centre on 0115 853 3101.



Christmas at Belvoir Castle, Grantham

Friday 18th November 2022 -
Sunday 1st January 2023

This year, see Belvoir Castle transform into a stunning Cinderella scene, filled with twinkling lights and stunning decorations. With trips to the Engine Yard and visits to Santa's Grotto available, this is a trip that will be festive fun for all.

Tickets are available to book online at www.belvoircastle.com, and you can find detailed information about accessibility requirement at www.belvoircastle.com/castle-accessibility



Once Upon a Fairytale Christmas

White Post Farm, Farnsfield

Enter into White Post Farm's Enchanted Forest for a Christmas adventure like no other, as you follow the map, find clues, and end up at a secret destination!

Alongside daytime and twilight slots, White Post Farm will be offering autism-friendly sessions with reduced sounds and smaller groups.

Visit www.whitepostfarm.co.uk/christmas2022 for full details and dates.



Christmas Market, Nottingham City Centre

Tuesday 15th November 2022 - Friday 31st December 2022

Nottingham's famous Christmas Market returns in November to see in the festive season. Open to all, the market is a fantastic way to spend an afternoon sipping hot chocolates and doing a spot of Christmas shopping. You can even choose to see the city in style on the big wheel! While it is accessible to all, please be aware that it can become crowded and difficult to navigate during busier periods.



JOE PASQUALE FAYE TOZER

See page 6
for accessible
showings



Snow White and the Seven Dwarfs

THE FAIREST PANTO IN THE LAND

DAVID ROBBINS
JAMAL KANE CRAWFORD
LUCY IRELAND
NATALIA BROWN

SAT 3 DEC 2022 - SUN 8 JAN 2023

0115 989 5555
trch.co.uk



INFORMATION AND HELPLINES

LOCAL SEND SUPPORT

Ask Us (City and County)

Help maintaining a good working relationship with school. Help with applications, resolving issues and many other education-related issues.

Web: askusnotts.org.uk

Phone: 0800 121 7772

Currently running a voicemail service, please leave a voicemail and we will call you back.

Nottingham City Council SEN

Local Authority Support for young people 0-25 with SEND

Phone: 0115 876 4300

Email: special.needs@nottinghamcity.gov.uk

Schools and Families Specialist Services (County)

Teachers and teaching assistants who provide specialist assessments and interventions, including services for children and young people who are deaf, visually impaired, autistic and have cognitive learning difficulties.

Communication and Interaction Team, Cognition and Learning Team, Sensory Team: 0115 854646
Early Years Team: 0115 8041232

Partnership Team (County)

Providing advice and support to parent/carers, schools, partnerships of secondary schools and working with other agencies with an aim to reduce fixed term suspensions and permanent exclusions.

(Ashfield, Bassetlaw, Mansfield, Newark) -

Julie Jones: 0115 8040974
julie.jones@nottscc.gov.uk

(Broxtowe, Gedling, Rushcliffe) -
Clare Walker: 0115 9773025
clare.walker@nottscc.gov.uk

Health Related Education Service (County)

Supports children who are unable to attend school for health-related reasons, including learners in hospital receiving treatment and children who are too ill to attend school

Main office and general enquiries
Telephone: 0115 9773481

Hospital and Home Education Learning Centre (City)

An education provision based in the City of Nottingham for children and young people with health needs.

E: SENCO@hhe.nottingham.sch.uk

MENTAL HEALTH SUPPORT

BEMH (Behavioural and Emotional Mental Health) (City)

Support for children and young people with behavioural, emotional or mental health needs, determining where further assessment is required, signposting to or providing information about other suitable services and delivering one-to-one work. A range of parenting programmes is also available.

0115 876 4000 (Mon-Fri 9am-5pm)

SEMH (Social Emotional Mental Health Team) (County)

Specialist teachers and teaching assistants who provide advice and support, to reduce fixed term suspensions, permanent exclusions and secure and strengthen the school places of primary aged children aged 3 to 11 years with the most severe and complex social, emotional and mental health needs.

Contact SEMH@nottscc.gov.uk

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Gedling

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emma.dolan@nottscc.gov.uk

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Team Manager

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Be U Notts

FREE Early Mental Health and Emotional Wellbeing Support

0115 708 0008 (Mon-Fri 9am-5pm
leave a message to be called back

www.beusupport.co.uk

NottAlone

Local mental health advice and help for young people in Nottingham and Nottinghamshire.

nottalone.org.uk

Case Study: Jayden

Futures Adviser Manisha met with Jayden and his mum before embarking on college applications. In his final year of school, Jayden was left feeling 'worried, anxious, nervous and doubting' if college was going to be an option.

"Until we met Futures I was sick with worry about my son going to college"

Manisha worked with Jayden to identify his ideal choices, review his applications and arranged for him and his mum to visit the colleges. "I thought Confetti was a really big place but after visiting I was feeling calm about it. We talked about what to expect at the interviews and how to deal with my nerves" Jayden commented.

Having a Futures Adviser throughout transition isn't just about adjusting to the college environment, it's helping the young person to consider their future career and what role their college choice plays in that.

Jayden fed back: "I got information on college courses and what to expect from them. I was sent some job profiles, it was nice to see jobs I would really like to do and reassuring to know there are jobs in games design and art. This made me happy and is something I am passionate about."

As a parent, we understand that you don't just worry about the bigger picture and your child's future, but all the small steps along the way. Jayden's mum expressed concerns for her son adjusting to lunchtime at college, making friends, transport, busy corridors and everything in between. She commented; "Manisha encouraged me to talk through my worries and broke down all the information in a way that made sense to both of us. Most importantly, I never felt like we were being told what to do. Manisha gave options to Jayden which helped him see he has choices as a young man."



We were delighted Jayden went on to secure his place at Confetti College and he got in contact to let Manisha know that "all the hard work had paid off" and that he "would not have even tried applying if it wasn't for the help from Futures."

The transition to college is a huge milestone achievement for all young people and can be fundamental in their personal development into adulthood. Jayden's mum let us know recently how he is getting on:

"Jayden's confidence has grown so much from Manisha encouraging him to try new things. I was really surprised recently when Jayden did a talk in front of his class which was a big thing for him. Jayden is also checking his emails regularly and making sure he replies and forwards the email to Manisha. This might not seem like much but it is a clear sign he is taking pride in controlling his life."

Manisha is one of a number of specialist advisers here at Futures who support young people through the most challenging stages of their education and career journey. Manisha continues to support Jayden now he is in college and we look forward to following his journey in the future.

Futures
FOR YOU

The Ultimate Winter Bucket List

No matter how much you like sunbathing and ice cream, you have to admit that winter is one of the best times of the year. Whether you're wrapping up warm to go exploring outside or snuggling up under a blanket to watch your favourite films, there are so many fun things to do!

Cut out this page and carry it with you to see how many things you can tick off our Ultimate Winter Bucket List.

Don't forget to keep it safe so you don't lose our instructions on how to make your own draught excluder on the back page!

- | | |
|---|---|
| <input type="checkbox"/> Find the perfect cosy jumper - you'll need it to stay warm! | <input type="checkbox"/> Have a Christmas movie day with all your favourite festive films. |
| <input type="checkbox"/> Discover a new hot chocolate flavour - Pumpkin? Honeycomb? Raspberry? Who knows! | <input type="checkbox"/> Go ice skating - if you're not already too chilly! |
| <input type="checkbox"/> Go looking for robins - they're a sure sign Christmas is coming! | <input type="checkbox"/> Make some homemade Christmas cards - that personal touch makes them extra special. |
| <input type="checkbox"/> Watch a new TV show - there's nothing like staying in on a cold day! | <input type="checkbox"/> Build a snowman (you might have to wait until January for this one!) |
| <input type="checkbox"/> Learn to make soup - pop a few of your favourite veggies in the oven, blend them up, and you've got a steaming bowl of delicious soup. Easy! | <input type="checkbox"/> Put up your Christmas tree - nothing says Christmas like tinsel! |
| <input type="checkbox"/> Visit a Christmas Market (you can find out where they are on the events page!) | <input type="checkbox"/> Have a family craft day - decorations, drawing, or follow our instructions and make your own draught excluder to keep your room cosy and warm. |
| <input type="checkbox"/> Bake some Gingerbread Men, or a Gingerbread House if you're feeling brave. | <input type="checkbox"/> Start a new book - winter is the perfect time to get stuck into a new story. |

Keep this list with you in Winter and see how many you can tick off!



CHRISTMAS CRAFT: MAKE YOUR OWN DRAUGHT EXCLUDER

REMEMBER! This craft is not safe to do without a parent or guardian present. All sharp and hot objects should be handled with care by an adult.

With winter knocking on our doors, everyone is doing all they can to stay warm and cosy indoors. One thing you can do to keep out the chill is making your very own draught excluders at home! Draught excluders are simple to make, and cheap, too - you can use items that you already have at home. Just place them by your doors and windows to keep the winter breeze at bay.

You will need:

- A rectangular piece of material. This should be at least 40cm wide and just a bit longer than the width of your door.
- Top Tip: if you don't have any old material in the house, you can cut the leg off an old pair of trousers instead!*
- Either a sewing machine, needle and thread, or iron-on stitches.
- An old pair of tights
- Stuffing (*rice or lentils work perfectly and are cheap to buy!*)
- Pins
- An iron and ironing board
- Decorations (buttons, ribbon, etc.) are optional, but a great addition if you're making these with the family!

To Make:

1. Measure your material. It should be at least 40cm wide, and the length should be at least 4cm longer than the bottom of your door or window.
2. Iron your material. You want it looking nice and smooth when it's finished!
3. Fold it in half, lengthways. At this stage, you want the pattern of your fabric (or what is normally the outside of your trousers) to be on the inside. When it's folded, pin it together.
4. Stitch (or use iron-on stitching) up the length of the fabric. You want the two edges to be joined together as closely as possible so there's no extra fabric!
5. Turn the material inside out. At this point, you should have a long tube that is stitched down the middle and open at both ends. Now that the fabric is turned the right way out, stitch together just one of the open ends.
6. Cut on leg off your old tights and fill it with your stuffing. You want to fill it until it is just a bit smaller than your fabric, and then tie a knot in the end of it.
7. Put the stuffed tight into the fabric, and then stitch closed the open end.
8. If you want to decorate your draught excluder, now is the time! Adding two buttons and a piece of ribbon to one end can transform it into a snake, or how about turning it into a sausage dog?
9. Place your draught excluder against your door or window, and you're done!

Christmas Money Saving Gift Guide

As exciting as the build up to Christmas can be, it's very common to be overwhelmed with the cost of presents, food, travel and all other festive activities.

We've put together a list of tips to help you save money during the festive period as well a fun DIY gift idea to spread Christmas cheer.

Shopping and saving money:

Here are a few ways you can save money whilst ticking off your Christmas shopping list.

Paper bag wrapping: Using paper shopping bags as wrapping paper saves you splurging on the fancy Christmas ones. Some high-street brands design festive patterns or you can get creative and use a marker pen to create your own.

Order online & order early: This gives you the opportunity to compare prices to get the best deal possible, all whilst sat in the comfort of your own home. Starting as early as you can help to avoid 'next day delivery' costs.

Repurpose and regift: There's a stigma around regifting but it could save you loads! It's sustainable, saves you money and space (for all your new presents!). Thrifting clothes has become popular recently so why can't we do the same for gifts?

Budgeting: Setting a limit on how much to spend can encourage you to really think about how you are spending your money and to stick to a list. You could even decide on a limit between friends and family; this can help take the pressure off them too.

DIY Gift - Personalised Mugs

Here is a DIY gift idea that is not only super easy and inexpensive but allows you to have some festive fun whilst making them.

What you'll need:

- Plain ceramic mug with minimal glaze or shine (typically the cheaper ones).
- Oil based Sharpie or ceramic marker
- Rubbing alcohol

Method:

1. Clean the mug before use with rubbing alcohol and a disposable cloth and ensure it's completely dry.
2. Draw out your design, for example, initials, a Christmas image, or pattern.
3. Allow this to air-dry for 24 hours.
4. Place the mug in a cold oven and set it to 180C for 1 hour.
5. After an hour, turn off the oven and keep the mug inside to allow the mug and oven to cool down together.

These can be great presents when paired with some hot chocolate or coffee packets to help keep your friends and family warm and cosy this winter.

TENFIFTY PRESENTS

CHRISTMAS PARTY

05.12.22

TENFIFTY

Inclusive Club Night For Learning Disabled And Autistic Adults

18+

DEC. 5 | 6.30PM TO 10PM
ANDWHYNOT, MANSFIELD, NG18 1NG

TenFifty supports people with a learning disability and/or autism to experience the nightclub scene, make new friends and have fun within a safe environment.

They have a team of enthusiastic volunteers who are on hand to ensure that everyone feels part of the party.

YOUR MONTHLY SCOOP

Did you know that you can get up-to-date news stories delivered straight to your inbox every month by signing up to the IRIS Monthly Newsletter?

Each month, we share important news items and amazing stories that can help to inform and inspire. No two months are the same! Here's a quick look at what we shared in our last issue:

Nottingham student uses art to raise awareness of her disability

Diagnosed with Postural Tachycardia Syndrome (PoTs) in her second year of university, Chloë has been using her art to raise awareness around the misconceptions of non-visible disabilities.

Taking pages from doctors' notes & ECG scans, she has created an art instillation with 'evidence' of her condition to challenge individuals who doubt her disability.

After going viral, Chloë's art has opened her world to online communities offering support and guidance.

5-year-old Albie becomes youngest amputee to scale Snowdon

At just 15 months old, Albie's foot was amputated as he had fibular hemimelia, meaning he was born without a fibula in his left leg.

Climbing Snowdon with his father Daniel isn't all. They now have plans to tackle Ben Nevis alongside Paddy Doherty and hope to raise money for Cancer Research and a youth centre in Holywell.

Now the winner of two bravery awards, Albie has inspired many with his story and does not plan on stopping anytime soon. Now planning to climb Ben Nevis, Albie is "100% excited" and understands the value of his bravery.

New project aims to support 10,000 people with SEND into paid employment by 2030

DFN Project SEARCH are helping young adults with SEND transition from education to employment with one-year internship programmes.

The charity is working in partnership with education providers, local authorities and host employers to boost the number of individuals with a learning disability or autism in paid employment.

They are raising awareness and acknowledgement of the unique skill set people with SEND can bring to a workforce, supporting these young adults reach their potential.

Have your say at the Disability Rights Annual General Meeting 2022

On Wednesday 23rd November Disability Rights are holding their 10th Annual General Meeting (AGM) over Zoom.

This is a chance to hear about the work they have done this year and their response on the cost-of-living crisis, as well as hosting a Q&A with their leadership team.

They are also giving you the opportunity to have your say and submit questions in virtual breakrooms during the meeting.

Head to www.disabilityrightuk.org to register to attend.



If you want more stories like this, plus information on local events, activities, and support channels, you can sign up to our monthly newsletter for free. Just scan the QR code to get started, or visit www.askusnotts.org.uk

Keep up to date with the latest groups and events by visiting the Local Offers for Nottingham and Nottinghamshire.



NOTTINGHAM
www.asklion.co.uk



NOTTINGHAMSHIRE
www.nottshelpyourself.org.uk

UPCOMING ISSUES

January | April | July | October

Moving House? Let us know!

To change your address or contact details, please go to askusnotts.org.uk/IRIS and click the link at the bottom of the page. Alternatively, please email communications@futuresforyou.com.

You can also use the above to stop receiving IRIS or change how you get the magazine.

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