

# ASD Family Help

We hope you are all enjoying the sunshine this week!

This is our first attempt at keeping up to date with you all in a very long time and we are now using our new 'Subscribe' and 'Unsubscribe' buttons (so fingers crossed this goes OK).

In the future we hope to send you a newsletter each term about different topics, plus our upcoming events and activities.

This week is Autism Acceptance week, so as well as our first newsletter, we have decided to focus our attention on what we hope are useful tips and information (and therefore send you a couple of extra emails through the week).

We hope that's OK and that you enjoy what we send.

If you do want to unsubscribe at any point, the link is at the very bottom of this email!

You can click on the areas you are interested in below if you prefer:

- [Wokingham Activities & Events](#)
- [Pembrokeshire Activities & Events](#)
- [West Berks Activities & Events](#)
- [Online Activities & Events for EVERYONE!](#)
- [Fundraising](#)
- [Staff & Volunteers](#)

**[Wokingham Activities & Events](#)**

**[Back](#)**

## **Teen Club**

We restarted our in person Teen Club for Wokingham back in September and it's been going really well!

We run once a month on a Wednesday from 4.45pm to 6.15pm.

The club is for young people aged 12 to 18 years with additional needs (no diagnosis required) and they must be able to access this Club on a ratio of 1 adult to 8 children.



For more information click here: [Teen Club – Wokingham – ASD Family Help](#)

Sessions are without parents present – so booking is essential and a sign up meeting must be completed.

To register your interest, you can sign up here:  
<https://forms.office.com/r/7v9s23AbPe>

## **Martial Arts Sessions**

We are now running 2 sessions a week and have recently increased the number of spaces available.



For more information about Monday classes, click here:

[Taijutsu – Monday – ASD Family Help](#)

For more information about Friday classes, click here:

[Taijutsu – Friday – ASD Family Help](#)

If you are interested in registering for a place, please use this form:

<https://forms.office.com/r/YdCYVH31bS>

Booking and a sign up meeting is essential as parents are not able to stay in the venue and we need to ensure we can meet your child's support needs.

## **Parent Carer Support**

We run a weekly (term time only & not Bank Holidays) meet up for parents and carers on Monday's at different coffee shop/café locations around Wokingham (Hurst/Finchampstead/Cantley/Arborfield)

These are drop in sessions for parents/carers to meet up with staff, check in with others, boost morale & ensure we all feel supported & connected with each other. They help to reduce isolation & help to connect with others on similar journey's.

For details of the dates and venues, please visit: [ASD Family Help - Events | Facebook](#)

For more information please visit: [Parent/Carer Support – ASD Family Help](#)

## **Family Matters Training Course**

This is a free 6/7week training course running in May/June 2022 at The Bradbury Centre in Wokingham (Weeks 1-5 must be completed, weeks 6 & 7 are optional).

The course is for anyone who lives, works or has a child in education in the Wokingham Borough. Each session is about 2 hours long.

The course aims to give attendees the skills to help with relationships, financial understanding and to improve mental wellbeing. It has been very successful and is very much based on a solution focused approach.

*"Great to have a course for the emotional side of support for parents/families"*

*"Lovely to meet others, who are in the same situation"*

*"Great course, learnt lots of different things"*

For more details and booking information please contact [jayne@asdfamilyhelp.org](mailto:jayne@asdfamilyhelp.org)

### **Peer Support Coffee Groups**

We run regular coffee events in different areas - dates for the next few months are:

3<sup>rd</sup> May Tuesday 10am to 12 noon (Haverfordwest)  
8<sup>th</sup> Jun Wednesday 10am to 12 noon (Milford Haven)  
5<sup>th</sup> July Tuesday 10am to 12noon (Pembroke Dock)

### **Workshops**

**Autism and Communication skills** - 11<sup>th</sup> May 9.45am - 12pm

Albany Church Hall – Hill Street, Haverfordwest, SA61 1Q

Book Here: <https://www.eventbrite.co.uk/e/autism-and-supporting-communication-workshop-tickets-304659935067>

**Autism and Sensory Evening** - 24<sup>th</sup> May 6.45pm - 9pm

Online – via **Zoom**

Book here: <https://www.eventbrite.co.uk/e/copy-of-understanding-autism-and-sensory-processing-workshop-tickets-304666655167>

**Autism and The Teenage Years** - 14<sup>th</sup> June 9.45am - 12pm

Pembroke Dock (awaiting venue confirmation)

Booking details to follow

**Understanding Autism & supporting young people** - 13<sup>th</sup> July 9.45am - 12pm

Albany Church Hall – Hill Street, Haverfordwest, SA61 1QE

Book here: <https://www.eventbrite.co.uk/e/understanding-autism-workshop-pre-and-post-assessment-tickets-304673455507>



**Helpline** – We have a telephone or video appointment helpline service. Resources and strategies are sent to parents via email after your appointment. We are also able to support with benefit applications.

Please contact [Melissa@asdfamilyhelp.org](mailto:Melissa@asdfamilyhelp.org) for more information on any of the Pembrokeshire sessions.

### **Teen Club**

We have been running a monthly teen club on Wednesday evenings since September.

The club was for young people aged 12 to 18 with additional needs and was set up so that parents/carers could stay at the session to support their young people.

The club has been running for free, but as we no longer have funding to run this club, we need to start charging to be able to continue.

Moving forward, the club would have to be run with a committed contribution from parents, to make sure we cover the venue and staff cost each month - contributions would have to be paid half-termly in advance. (The cost would be approximately £4 per child).

If attending a teen club is something that your young person would be interested in after Easter and you have feedback and ideas about how/where we can run this successfully, please do get in touch and we will try to make arrangements.

If you are interested in a place, you can sign up here and we will get in touch:

<https://forms.office.com/r/7v9s23AbPe>

### **Adult support Group**

We run a monthly adult meet up, which is at present online via zoom. We are looking at getting it back up and running in person in the next couple of months.

The session is a place for adults to socialise with others in a safe and friendly environment.

Please contact [Jayne@asdfamilyhelp.org](mailto:Jayne@asdfamilyhelp.org) for more information.

### **Parent Carer Support**

We are hoping to restart a monthly in person support group soon!

This will run term time only as a meet up for parents and carers at a coffee shop/café location in West Berks.

These will be drop in sessions for parents/carers to meet up with staff, check in with others, boost morale & ensure we all feel supported & connected with each other. They help to reduce isolation & help to connect with others on similar journey's.

If you would like more information about these sessions when they are live, please email [Jayne@asdfamilyhelp.org](mailto:Jayne@asdfamilyhelp.org)

### **Teen Club ONLINE**

For young people aged 12 – 18 with additional needs. We meet once a month on Wednesdays after school via Zoom. For more information about the club and what we get up to, please visit: [Teen Club – ONLINE – ASD Family Help](#)

If you would like to sign up your young person, please complete the form below and we will contact you to organise an online sign up meeting to discuss the needs of your teen & give you details of how to join: <https://forms.office.com/r/7v9s23AbPe>

### **Sibs Group ONLINE**

The club is for siblings who are aged between approximately 9 and 16 years old.

Families have asked for this club so that siblings have a safe space and time that is 'just for them', and a place they can connect together with other siblings to play games & socialise.

This club is currently a trial, but we hope it will evolve in time as the children/young people let us know what they want to do and how they would like the sessions to run.

For more information click here: [\(1\) Sibs Club ONLINE | Facebook](#)

To book your child's place, please fill out this form:  
<https://forms.office.com/r/C8CVmuwEmx>

### **Craft & Games Group ONLINE**

This is a FREE online session to join us in creating a simple craft and play a couple of games with other families/children.

Children of any age can join in (with some help from parents/carers at home).

We send you an email before hand with all the details you'll need to know and the materials you'll need to grab from around the house so you can follow along and join in from home.



For more information, please visit: [Family Craft & Fun! \(ONLINE\) | Facebook](#)

You can sign up here: <https://forms.office.com/r/bx0Js9a8iz>

**Fundraising!**

**Back**

We need your help and support to share our fundraising efforts please!

The majority of our work is now unfunded, so we rely on donations & contributions.

If you can help to share our latest fundraising campaign, we would be extremely grateful – Two of our crazy staff (Jake Chandler-Strong & Jack Ansell) are going to do a bungee jump on 28<sup>th</sup> May 2022 (yes, we will be sharing lots of photo's and video's of the event)!

The fundraising links are below and we would be so grateful if you could share the heck out them!

<https://www.gofundme.com/f/asd-family-help-bungee-jump...>

or

<https://www.justgiving.com/campaign/ASDFamilyBungee>

**Staff & Volunteers!**

**Back**

We would like to welcome Chloe as our newest member of staff in Wokingham and Cameron & Hannah to our team of volunteers in Wokingham.

We also would like to welcome Sally, Jane & Lisa to our team of volunteers in Pembrokeshire.

**We are always looking for new volunteers, so if you would like to join our team,**

**please contact [jayne@asdfamilyhelp.org](mailto:jayne@asdfamilyhelp.org) for an application form and an informal chat.**

[To UNSUBSCRIBE click here](#)