



## NEWSLETTER

AUTUMN 2018

#042



### SUPPORT GROUP DATES

#### OCTOBER 2018

Friday 5<sup>th</sup> (9.30 am - 11.30 am)

Tuesday 16<sup>th</sup> (12.30 pm - 2.30 pm)

#### NOVEMBER 2018

Friday 2<sup>nd</sup> (9.30 am - 11.30 am)

Tuesday 20<sup>th</sup> (12.30 pm - 2.30 pm)

#### DECEMBER 2018

Friday 7<sup>th</sup> (9.30 am - 11.30 am)

**NO OTHER GROUPS THIS MONTH**

### UPCOMING TALKS/WORKSHOPS

#### Girls and Autism Workshop

**15 October 2018 - 10 - 1.30pm - £10 per person**

With increasing numbers of girls being diagnosed, this unique workshop has been designed to address the challenges of parenting/caring for girls on the Autistic Spectrum. We will discuss difficulties such as friendships and low self esteem and identify strategies to address them.

#### Puberty, Sex and Relationships Talk by Mark

**Brown, Special Help 4 Special Needs**

**12 November 2018 - 10am - 1.30pm**

**£10 per person**

Even if puberty is still several years away for your child, this session will give you the confidence to have important conversations with your child to help them to take on board the physical changes that puberty brings and to deliver sex education to them in a meaningful way, which they will be able to take on board much more easily.

*Please book a place for these talks/workshops by email to [theavenuesupport@outlook.com](mailto:theavenuesupport@outlook.com).*



*Thank you to Kelly McGrath and the Metropolitan Police for a donation of £150 which will be used for running costs.*

### CEA CARD

Have you applied for a CEA card so that you can accompany your ASD child free as a carer when you visit the cinema? It costs £6 a year and an application form with full details can be found on

<https://www.ceacard.co.uk/>



### SNAP at support group on Friday 5 October

SNAP are keen to find out parents' views on their experiences with local service providers, whether good or bad. With parent participation, SNAP can help to improve services to meet the needs of families. More information can be found on their website [www.snappcf.org.uk](http://www.snappcf.org.uk)



### CHRISTMAS NEWS

**Mead Open Farm** are holding an Autism Friendly weekend on Saturday 8 and Sunday 9 December for their Magic of Christmas events. They will offer a social story showing the schedule of your visit as well as ensuring fewer people will be there, quieter music, strobe lighting will be turned off and more time to move around to each area. Please see their website for further details: [www.meadopenfarm.co.uk](http://www.meadopenfarm.co.uk)



### Christmas Raffle

If you have any unwanted gifts you would like to donate for our Christmas raffle, please bring them to one of our support groups. We will be selling tickets at the November and December support groups to help fundraise for running costs for next year and the raffle will be drawn on the last group of the year on Friday 7 December.

**ALL THE AVENUE'S SUPPORT GROUPS AND WORKSHOPS/EVENTS ARE HELD AT THE PENTECOSTAL CHURCH, CRAB LANE, BIGGLESWADE SG18 0LN \*UNLESS OTHERWISE STATED**



Email: [theavenuesupport@outlook.com](mailto:theavenuesupport@outlook.com)

Tel: 07425 551110

[www.theavenuesupport.co.uk](http://www.theavenuesupport.co.uk)

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