

Autism West Midlands Shropshire Family Service Update

FEBRUARY 2024

This months update

Here's hoping your February term went well and was filled with love and pancakes! It has been a busy half term for us with **two successful events**. We really enjoyed taking the teens to see 'Migration' at the cinema and it was lovely to have a few new faces along with some of our regular young people. Our family craft event was also a big hit and the staff certainly enjoyed getting stuck into the crafts too!

We have lots of training coming up both in person and online so please **have a look through the list and get booked on**, if you can't get a place it is always worth emailing us to see if we can squeeze you in. The webinars are a great option as you can watch live or use the recording which is available afterwards for a short time.

We continue to provide online **advice appointments** and have listed more dates for February and March. **No diagnosis is needed** to access this service to Shropshire residents. Very soon we are planning to have face-to-face bookable appointments available, currently these can be arranged by contacting the team directly.



Cute crafts
from our
previous
event!



Here is an overview of our upcoming events:

Teen Events - Actio All In (ages 11-17 years)

- **28th March** - Attingham 11:00am - 1:30pm
- **4th April** - Carding Mill Valley 10:30am - 2:30pm

Teens Online

- **7th March** 6:00 - 7:00pm
- **2nd May** 6:00 - 7:00pm



Family Event

- **25th March** - The Lantern

Face to Face Parent Meetings

- **22nd February** - Autism and Behaviour - Cleobury Mortimer Primary School
- **26th February** - Autism and Girls - Sunflower House
- **11th March** - Coffee and Chat - Sunflower House
- **22nd April** - Coffee and Chat Shifnal



Book any of the above sessions at the below link:

<https://www.autismwestmidlands.org.uk/events/>

Online Training

- **12th March** - Autism and Anxiety
- **9th April** - Understanding Autism



Autism and Anxiety

A Live Webinar starting at 12 Mar, 2024 @ 09:30 GMT hosted by Autism West Midlands.

 WebinarNinja

BOOK AN ONLINE ADVICE APPOINTMENT WITH AN AUTISM SPECIALIST ADVISOR HERE

• **WEEKLY Teams Advice slots**

For those who would like some online advice we are offering this virtually via video appointments. Teams also works well on mobile phones. To book a 45 min advice appointment with a specialist autism advisor please book via our shop. If the dates/timings of our online advice appointments are not convenient for you, please contact us to make alternative arrangements – scroll down for details.

<https://shop.autismwestmidlands.org.uk/collections/events/products/copy-of-online-autism-advice-and-consultation-sessions-shropshire-county>

IMPORTANT – WE EMAIL YOUR TEAMS LINK TO YOU THE WEEK BEFORE YOUR SLOT, MAKE SURE YOU CHECK YOUR INBOX INCLUDING SPAM/JUNK TO GET YOUR LINK

• **Virtual Support Group for Parents - Wednesday Mornings 10am - 11am & Wednesday Evenings 7.30pm – 8.30pm – 1st and 3rd Weds of each month (term time)**

Our online support groups meet twice a month via Teams. This is an opportunity to talk with other parents, share ideas, and offer support. We recommend that you have attended an online advice appointment with a member of the team before joining group sessions (link above).

If you would like to join either of the support groups, please email the team here **shropshire@autismwestmidlands.org.uk**





• Advice and Support

We also offer advice and support over the phone and via email. Parents/carers and professionals can contact the team directly to arrange an appointment including face-to-face if preferable.

Shropshire office	• 01952 454156
Weds, Thu, Fri	• Emma Hegenbarth → 07881109480
Mon, Tue, Wed, Thu	• Dawn Lewis → 07706309382
Mon, Tue, Thu	• Nicola King → 07706337511
Mon, Thu, Fri	• Kerry McLafferty → 07900784186
Email	• shropshire@autismwestmidlands.org.uk

Please remember - No formal diagnosis is needed to access the AWM Shropshire service and there is no formal referral route – parents/carers can self-refer by booking an advice appointment or contacting us directly on our Shropshire email address. You can also use our helpline.