

Newsletter
APRIL
2024



South West Autism, 6 Sandpiper Court, Harrington Lane, Pinhoe, Exeter, EX4 8NS
Email: infoswautism@gmail.com Website: southwestautismsupport.com

Hello to all our families,

Happy Easter to you all! We've been busier than ever at our centre recently, so we're delighted to welcome Josh to our team. Josh has lots of experience working with children and young people with additional needs and has fitted in perfectly with our team. Mandy has been busy updating and refreshing our website – see newsletter feature for more information.

The adult social group visited an Escape Room Experience – well done to all that took part – escape achieved with seconds to spare!

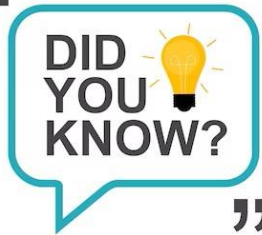
If you are a new parent considering using our services or an existing parent that wishes to access more sessions or services, please do get in touch as soon possible – we are receiving an unprecedented number of enquiries and referrals at this time.

We hope you've all enjoyed a calm and peaceful Easter.

Lisa, Greg and the Team



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Did you know that we also offer Counselling

at our centre? Our counsellor, Celia Gaffney, (MBACP (Accred): Qualified 2009) offers a person-centred approach. Talking therapies can help in many areas such as depression, anxiety, eating disorders, phobias, addiction and abuse. Each of us is unique and deserves to be heard and supported

when life feels overwhelming. Therapy can enable better communications and relationships by developing skills and strategies for our sense of well-being. Through exploring your needs, you are enabled to discover a better sense of how to move forward and gain a more effective life. You are listened to in a safe non-judgemental space while questioning tough challenges at your own pace. The aim is to empower you to find different and healthier perspectives for a more fulfilling life.

MEET THE TEAM

Lisa McCullagh Senior Support Practitioner

and Trainer – My passion for supporting young people initially grew from the experiences of my son being ‘misunderstood’ in early childhood. Despite lived experience and studying Autism, the biggest learning curve is on a daily basis via the young people I support. I learn every day! In my spare time I enjoy walking the South West coastal path with Frankie and Ruby. I also really enjoy gardening after purchasing a derelict site during lockdown.



Only three spaces remaining ...

Teenage Life Skills Group

We currently have spaces in our Teenage Life Skills Group! This group is open to 11–17-year-olds and runs on alternate Wednesday (6 pm to 8 pm) at our centre in Pinhoe. The group usually costs £20 per session, payable monthly. **We are currently promoting the group with 50% discount off current prices - £10.00 per session!** If you would like to register your teenager or would like more information, please email us at infoswautism@gmail.com



Stronger Starts Every little helps

We are absolutely thrilled to let you all know that South West Autism CIC will be included in the Tesco Stronger Starts Blue Token Scheme!

Voting will begin in the first week of April 2024 until the end of June 2024 and will be the following stores:-



- Tesco Heavitree Express
- Tesco Exeter Vale
- Tesco Cowick Street
- Tesco Exwick
- Tesco Exeter High Street
- Tesco Sidwell Street
- Tesco Exminster



Please vote for us with your Blue Tokens! All funds generated will be used to purchase additional resources and experiences for our children and young people.

www.southwestautismsupport.com



Have you visited our website recently at www.southwestautismsupport.com? We've refreshed the whole site to make it easier for users to find the information that they want. Keep an eye on the 'Events and News' page – we'll update this regularly with any news, events or important announcements. We've also added a 'Photo Gallery' where photos of

activities that take place in our centre and in the community will be regularly added making it easier for parents to start conversations with their young person about time spent at our centre or to give new families some insight into our services and support. We've also added a 'Meet Our Team' page where you can find out more about team members – a really useful page if your young personal is nervous or anxious before their first visit to us. The 'Useful Information' page is full of information about our services, safeguarding, policies and our privacy notice.

If there's anything else you would like to see included on our website send us an email, we'd love to hear your suggestions.

Courses/sessions coming soon!



Group Sessions for Siblings – Helping brothers and sisters of primary and secondary age to understand their sibling’s behaviours associated with autism and share experiences in a supportive environment.

Discovering Rainbows – A six session parent workshop to understand the Autistic Spectrum.

Need to Know – A social/sexual understanding or adolescent males.

To register your interest in any of the above, please email infoswautism@gmail.com and we will add you to our ‘list of interest’. Each group requires a minimum of 5-6 participants. We will contact you with specific dates and times once places have been filled. Registering your interest does not commit you to attending.

Dates	Events
Tuesday 2 nd April	Adult Social Group – Closed for Easter Break
Wednesday 3 rd April	Teenage Life Skills Group – Closed for Easter Break
Tuesday 16 th April	Adult Social Group – 7pm-9pm (email to ask for information about joining)
Wednesday 17 th April	Teenage Life Skills Group – 6pm-8pm (email to ask for information about joining)
Wednesday 24 th April	Axe Throwing Activity for those that have booked from Adult Social Group





**Easter celebrations are well and truly underway at our centre!
Chocolate, chicks and cake nests – a winning combination with our young people!**



Got something you'd like to share with us or other parents? Is there something you'd like to see featured in our newsletter? Email us at infoswautism@gmail.com