

Newsletter

FEBRUARY

2024



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

Hello to all our families,

January has seemed like the longest month hasn't it? We are as busy as ever with requests for support and services from existing families, new families and educational settings. We are delighted to share with you that we have a new team member, Ann. Like everyone on our team, Ann has lived experience regarding autism and is very much looking forward to working with new and existing young people registered with us.

If you are new to us and looking for support for your young person please get in touch, a new staff member means additional availability!

Lisa, Greg and the Team

MEET THE TEAM



Bel

I'm the newest support team member, I have been working here for just over a year. Before joining South West Autism, I worked in Mental Health Services for over 20 years where I have gained a lot of knowledge and experience on how best to promote social inclusion. I have 3 children 19,12 & 11; my eldest child is on the Autism spectrum.

I am passionate about promoting independence & helping young people gain life skills.

I absolutely love my role here at South West Autism. I work with young people on a 1-1 basis through Education or in the community. I also help run the Adult & Teen Social & Life skills groups here at the Centre.



Discovering Rainbows

Welcome to Discovering Rainbows. It is our aim to help families understand what is meant by the autistic spectrum. This applies to families who are awaiting a possible diagnosis or have just received a diagnosis. It is our experience that many families perceive that their family is very different to others and that no one understands their child, their battles and the challenges involved. At times it can all be very overwhelming. We hope that this six-week programme will give you more understanding, offer support and networking opportunities, in order to see there is light at the end of the tunnel. We hope that you will be able to see that as well as difficult times, there are good times to be had. In short, we hope you will discover rainbows!

The six sessions will cover the areas:-

Week 1	Introductions, safeguarding, questionnaires. The history of autistic spectrum. What is meant by social interaction difficulty? How you child presents.
Week 2	Social Communication.
Week 3	Rigid Thinking/Social Imagination (obsessions, rituals and routines).
Week 4	Sensory Processing Difficulties.
Week 5	Anxiety (managing fight, sight or freeze).
Week 6	To be decided by families (sleep, siblings, toileting etc.)

The sessions will be 2 hours per session.
Sessions will be held at our Pinhoe centre in Exeter
Dates for the sessions are:-

**17th February 2024, 2nd March 2024, 20th April 2024,
18th May 2024, 29th June 2024, 20th July 2024**

All session times will be 9.15-11.15am - Spaces are limited to just 8 people
The cost is £120 which equates to just £10 per hour.
Sessions are payable in advance £120 and non refundable.
The closing date for this course is 10th February 2024!


**SPECIAL
OFFER**

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 costs 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.

Whilst we completely understand that it's still 'cough and cold' season, could we politely remind families to keep poorly children and young people at home to recover. If your young person has a high temperature, is poorly with Covid, or generally not feeling well enough to engage in their session, it does expose other young people and team members to the same illness.

As always, our aim is to keep our young people and team members fit and healthy so that other service users can enjoy the continuity that they have come to expect from us. We understand it can be tricky to give the required 48 hours' notice (as per our terms and conditions) but short notice due to illness is expected, particularly at this time of year.



Dates
for your Diary

Dates	Events
6 th & 20 th Feb	Adult Social Group 7-9 pm – email to request information
7 th & 21 st	Teenage Life Skills Group – see below for more information
12-16 Feb	1-1 Mentoring/Enabling available during half term break
17 th Feb	First session of Discovering Rainbows

Would you like to take part in Killerton's 2024 'Blossom Poetry Bomb'?

In recent years, Killerton have been very impressed by the way local groups have supported the telling of Killerton stories. They would like to build on this work by inviting community groups to take part in a 'poetry bomb' that celebrates the blossom season at Killerton and beyond.

We have been invited to visit Killerton and take inspiration from what you see in nature and blossom to create a poem. They would like to display these poems around the grounds, with a short description of the project and participants.

The details:

- **19 February-24 March 2024**, visit Killerton garden and/or chapel grounds
- Photograph your time at Killerton (they will not use any photographs without written permission and will supply the paperwork for this).
- Type up a short poem, no longer than a haiku, which includes the name and age of the author **Poem Example: Haiku – Cherry Blossom**
A Haiku is a Japanese poem of seventeen syllables, in three lines of five, seven, and five, traditionally evoking images of the natural world.
Like sweet candy floss
Cherry blossom tree in bloom
Good enough to eat)
- Write a couple of short sentences about your group.
- **20 April – 30 June 2024** visit Killerton to see your work on display.





University
of Exeter | Psychology department
Faculty of Health and
Life Sciences

Participants Needed for: Daily Experiences of Parents of Autistic Children

Purpose

We are exploring the daily experiences, relationships and well-being of parents of autistic children in the UK

We Are Currently Seeking Participants Who Are:

- Parents of autistic children
- Living in the UK since the autistic child was born
- Autistic child's age is between 3 and 18 years old

Participation Includes:

- Online orientation session (30-60 minutes)
- Online survey via a mobile phone application (around 5 minutes per day for 10 days)

Compensation (Up to £40):

- £10 for the orientation session
- £20 for the survey (£2 per day for 10 days)
- £10 bonus for completing the full 10 days

For more information please contact
Fan Jiao at autism.parents@exeter.ac.uk or fj260@exeter.ac.uk

Got something you'd like to share with us or other parents? Email us at infoswautism@gmail.com