

Newsletter

MARCH
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,

It's March already! February has been full of achievements. A group of our young people visited Killerton to volunteer their help (more details below), and our teenage group visited Costa to promote their independence and life skills. We've delivered travel training for the airport and used public transport with young people. We've cooked, baked and extended our kitchen prep area so that more young people can get involved! We've even added an air fryer to our kitchen so that our young people can learn life skills that can be transferred to home. If you have recipes to share or would like to share photos of your young person's home baking, please contact us - we'd love to hear from you!

Lisa, Greg and the Team





South West Autism Support Services are currently recruiting self-employed sessional workers to join our brilliant team based in Exeter! Do you have experience supporting young people on the autistic spectrum? Are you willing to

undertake training in all aspects of ASD? Want to work in a role making a difference to young people's lives? Hours are term time only and usually within school hours. Excellent hourly rates from £15.00-£20.00 depending on experience.

You must have An Enhanced DBS - Liability insurance, Be registered as self-employed - Have your own car with business class insurance and be happy to transport young people on a 1-1 basis - Have qualifications or significant experience regarding ASD.

To register your interest email southwestautism@gmail.com in the first instance.

Tell us a little bit about yourself, your experience and why you would like to join our team? We would love to hear from you!

Our Killerton Experience Day

A huge well done to our young people who visited Killerton to volunteer their time during this experience day. The session involved planning, risk assessing, a group lunch, de-brief and next steps planning. Lots of fun and laughter throughout the session and an incredible 130 trees planted during the day! Thank you to the National Trust engagement team - we are already planning our next visit!





Discovering Rainbows

This is a fantastic course for parents and carers of children and young people that are newly diagnosed or waiting for a possible diagnosis of ASD. The aim is to help families understand what is meant by the autistic spectrum. Our course (one day per month spread over six weeks) will be rescheduled for a later date. Unusually, the places for this course were not filled. If it's something you would be interested in and would like to be put on the contact list for when the course next runs, please register your interest by emailing infoswautism@gmail.com (this does not commit you in any way).



MEET THE TEAM

Mandy

I work behind the scenes at South West Autism as their Business Manager. I deal with all your enquiries, the day-to-day administration, referrals and the finances. I absolutely love my role, it's certainly busy and no two days are the same! In my spare time I love to spend time with my family, we enjoy beach walks with our dog Chester and cooking together. I have two daughters, 18 and 15. My oldest daughter is autistic and has been diagnosed with Tourette's Syndrome and my youngest has Selective Mutism. My role at SWA means that I don't work directly with families but I certainly understand what it means to support a young person with autism and everything associated with it.

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.

Here's some feedback from a lovely parent whose son recently joined this group:-

"X really enjoyed it! He was thoroughly relaxed when he came out and said it was good which is high praise from him! He's always enjoyed all of the time he has spent with you guys. It always astounds me just how much of a difference the right environment and some understanding makes! Followed of course by frustration that more places can't get it right!"



Last week, our teenage life skills group visited Costa to promote independence, build confidence and enjoy some social time together!



Dates	Events
5 th and 19 th March 2024	Adult Social Group 7-9 pm – email to request information
6 th and 20 th March 2024	Teenage Life Skills Group – see above for more information



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