

# ASD Family Help

Registered Charity No. 1135718

## Pembrokeshire Summer Term and ongoing Events

**Teen Youth Club** – Exciting News – Due to the great funding from the [#NationalLottery](#) We are starting up our new weekly (Monday evenings except Bank holidays), Term Time, Teens Youth Club for Neurodivergent / ALN young people at the Edge Youth Centre – Haverfordwest. Come along to our sessions Monday's 6.45pm to 8pm. If you would like to book going forward please fill in our booking form <https://forms.office.com/e/0HX52phXVW> For more information please contact us.



## Adult Social Group

**ASD Family Help**  
**Adult Social Group**

We are Piloting this group for the next few months

Monthly - Wednesday evenings 5.30pm to 7.30pm  
- At Milford Phoenix Bowl  
Dates: 17th May, 21st June, 19th July

Free Bowling, use of the Pool tables and games that can be played at the table or just a socialising in a friendly safe space.

A social group for autistic adults (18+) and/or other learning disabilities/difficulties, who require little or no supervision and are comfortable in a group setting. Their partners, friends or carers are also welcome.

This event is free to attend, however there is food and drink available for you to purchase at the venue should you wish to. (Some of our adults, may buy and eat a meal & drink together as a group, but it isn't a requirement).

For more information and to complete a registration form for booking, please email Melissa: [melissa@asdfamilyhelp.org](mailto:melissa@asdfamilyhelp.org)

### We are piloting this group for the next few months

A social group for autistic adults (18+) and/or other learning disabilities/difficulties, who require little or no supervision and are comfortable in a group setting. Their partners, friends or carers are also welcome. The group will meet once a month on a Wednesday evening between 5.30pm – 7.30pm. This event is free to attend, however there is food and drink available for you to purchase at the venue should you wish to. (Most of our adults, buy and eat a meal & drink together as a group, but it isn't a requirement).

For more information and to complete a registration form for booking, please email melissa: [melissa@asdfamilyhelp.org](mailto:melissa@asdfamilyhelp.org)

## Sleep Matters

Cronfa Gymunedol Comic Relief yng Nghymru



FUNDED BY  
ARIENNIR GAN



Comic Relief Community Fund in Wales

With thanks to Comic Relief Funding we are running our Sleep Matters workshops and Peer Support Groups dates for these events are:

**Sleep Matters workshops** – 5<sup>th</sup> June 23 9.45am to 2.15pm at The Point - Fishguard To book on please click on Eventbrite Link: <https://www.eventbrite.co.uk/e/574408821247>

**Peer Support Group** – Focusing on Sleep Fishguard ~~19<sup>th</sup> June 23~~ – **Date Change now 20<sup>th</sup> June** Venue TBC

**Sleep Matters workshop** – 5<sup>th</sup> July 23 9.30 to 12.00 noon A shorter workshop to highlight the main difficulties around sleep and identify strategies that will help - Pennar Flying Start centre. To Book please click on link: <https://www.eventbrite.co.uk/e/619837268957>



## Dates for Summer Terms workshops and Peer Support Groups

With thanks to the National Lottery and all of its players we are able to run the following events next Summer Term.

**Autism / ALN and Communication** – This workshop focuses on having an awareness of the different learning and communication styles within our neurodivergent young people and why visual tools are used & made to meet the individual needs of our young person, no matter what their age. We aim to give you more ideas around improving communication with your young person in home and out and about in the community to support their independence. **4<sup>th</sup> May 9.45am to 12 noon Haverfordwest Fire Station** To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/593557736167>

**Autism / ALN Picky Eaters Workshop** – Many of our autistic / ALN young people develop food selectivity, or what may be called “picky eating.” It is not uncommon for children to restrict their diets, to refuse to eat certain colours or textures, or be affected by the environment. This workshop will help to identify why eating can be difficult and look ways in helping our autistic children move forward with their eating. **27<sup>th</sup> June 9.45am to 12 noon Haverfordwest** – To book please click on Eventbrite link: <https://www.eventbrite.co.uk/e/593559752197>

<https://www.eventbrite.co.uk/e/autism-aln-and-eating-difficulties-workshop-tickets-593559752197>

**Understanding Autism and Supporting Young People pre and post diagnosis** – This workshop aims to enable parent/carers to learn about autism and give them new skills and strategies in supporting their young person. **13<sup>th</sup> July 9.45am to 12 noon. Milford Haven.** To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/595984564877>

## Peer Support Groups for Parents and Carers



17<sup>th</sup> May, 21<sup>st</sup> June, 19<sup>th</sup> July 10am to 12 noon – **Milford Haven Bowl** – Drop in.



26<sup>th</sup> April, 24<sup>th</sup> May, 28<sup>th</sup> June, 26<sup>th</sup> July 7pm to 9pm – **Pennar Golf Club** -Drop in

Please keep an look out for our new Fishguard and Tenby groups starting up soon.



## Quiz Night – 29<sup>th</sup> June 23 7pm

ASD Family Help - Quiz Night 29<sup>th</sup> June 7pm at the Harlequins Rugby Club Pembroke dock. Come along with your team (max 6 to a team) for a fun night to help raise awareness and funds for the Charity. Entry fee is £2.00 per person. Raffle prizes will also be available – tickets will be sold on the night. We would like to thank Harlequins for their support in using their venue and Tony the quiz master who will host the quiz. If you do have any raffle prizes you wish to donate please let us know. Thank you. To book your team please click on link:

<https://www.eventbrite.co.uk/e/618956374177>



**Helpline** – We have a telephone or video appointment helpline service, resources and strategies are sent to parents via email post appointment. We are also able to support with benefit applications. **Like our Facebook Page ASD Family Help – Pembrokeshire**

Please contact Melissa if you have any questions [melissa@asdfamilyhelp.org](mailto:melissa@asdfamilyhelp.org) or text/phone: 07384 733658