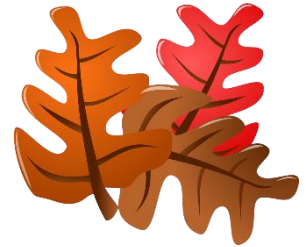


ASD Family Help

Registered Charity No. 1135718



Pembrokeshire Autumn 24 Term and ongoing Events

Our Newsletter is a way of keeping you up to date with all our latest events, workshops and activities that are coming up in the Autumn Term. Plus anything else that we feel is good news to share with you all.

Dates for Autumn Terms Parent Support Groups



Milford Haven Bowl – Dates: 11th Sept, 9th Oct, 13th Nov, 11th Dec 10am to 12 noon

Y Cerrig Glas - Dates: 23rd Sept, 21st Oct, 25th Nov, 16th Dec 7pm to 9pm

Tenby -The Old Chapel Lower Frog Street - Dates: 9th Sept, 7th Oct, 11th Nov, 9th Dec 10am to 11.30am

Fishguard – The Royal Oak – Dates: 16th Sept, 14th Oct, 18th Nov, 16th Dec 10.30am to 12 noon

Haverfordwest - The Bull Inn – Dates – 24th Sept, 22nd Oct, 26th Nov, 17th Dec 1pm to 2.30pm.



Workshops



Autism / ALN Communication Workshop – This workshop focuses on having an awareness of the different learning and communication styles within our neurodivergent young people and why amending and adjusting our approach really helps 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.. **18th Sept 9.45am to 12 noon Haverfordwest Fire Station** To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/909751791097>

Autism/ADHD/ ALN Executive Functioning Skills Workshop – Executive functioning is a set of cognitive processes which enables young people to set goals, plan, and get things done, connecting past to present experiences. Executive functioning is not linked to intelligence. It is responsible for the initiation of tasks and the monitoring of action. Together, these skills allow us to make plans, finish work on time, cope with distractions, ask for help, figure out whether something is a good idea and manage our responses. **15th Oct 9.45am to 12 noon Pembroke Dock Library**– To book please click on Eventbrite link <https://www.eventbrite.co.uk/e/910601011137>

ADHD & AUTISM WORKSHOP– We aim to...Discuss ADHD. To identify how these two conditions can have an impact on our children To give you some strategies and resources in supporting our young people. Pre and post assessment. **21st Nov 9.45am to 12 noon. Pennar Flying Start Centre** To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/907701007147>

FAMILIES MATTER WORKSHOP– Raising and supporting a young autistic person or a child with additional learning needs (ALN) can be overwhelming, and have an impact on our finances and mental wellbeing. This course will look at relationships, being a carer, money matters, benefits, communication and wellbeing. It is a 5 week course starting: **19th Sept 9.45am to 12 noon. Finishing 17th Oct. Friends Meeting House, Milford Haven** To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/907691940027>

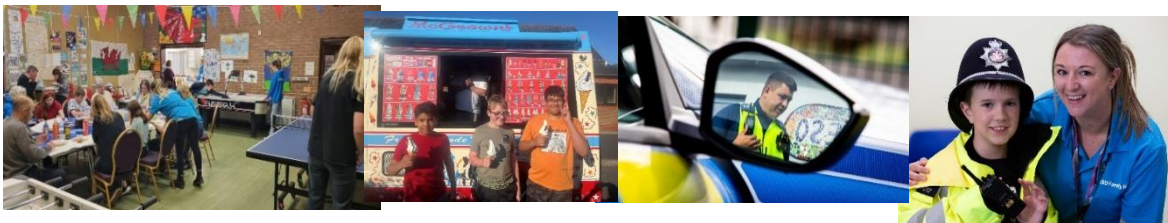
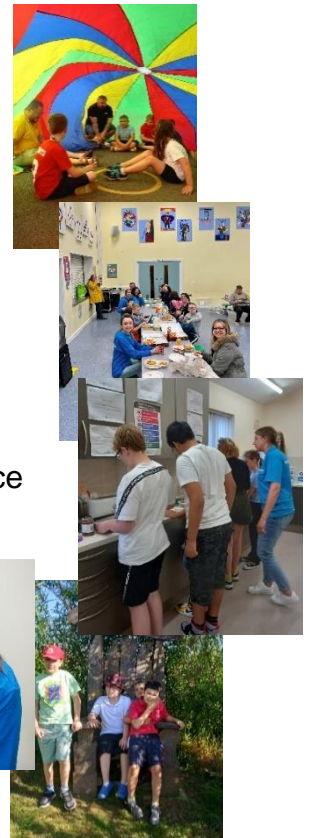
Youth Clubs

Due to the great funding from the [#NationalLottery](#) We are continuing with our weekly youth clubs, term time only for Autistic /Neurodivergent / ALN young people.

Teen Club – Monday evenings at the Edge Youth Centre – Haverfordwest. Time: 6.45pm to 8pm.

Primary Club – Tuesday evenings at Johnston School 5.40pm to 6.40pm

Please contact Kim – kim@asdfamilyhelp.org for more information or fill in the following booking form <https://forms.office.com/e/0HX52phXVW>. We do have a waiting list for both of these clubs, however it is still good to put your name down. Last term we had fun in the Meadow, the Police came to visit us, along with the Ice cream van and lots more exciting activities



Adult Social Group – The Bull Inn Function Room



A social group for autistic adults (18+) 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 6pm – 8pm. This event is free to attend, there is a buffet, as we have had some funding from Pembrokeshire Council for the next couple of months. During the evening we do quiz's, offer arts and crafts, games to play and other months we play bingo.



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

Half Term and Christmas Party

Torch Theatre Cinema Date TBC email Kim: kim@asdfamilyhelp.org

Christmas Party 19th Dec Johnston Hall to book at place and more details - please email Kim@asdfamilyhelp.org

Other News

The team has been working hard and have been meeting lots of young people/parent carers and other organisations. We have been having in house training making sure we are up to date with what is happening within the Neurodivergent community, along with safe guarding and other mandatory training



We were invited to attend Portfield Summer Fete and Milford Haven Comprehensive School opening evening

Our Family Events have all been well attended the **Great Wedlock Farm & Deer Park** was very exciting as we got up close to the deer, especially brought down to us by the owner Andrew.



Family Fun Days – Tenby and Fishguard with the Early Years Project Team. Lots of great activities for all of the family to enjoy – thank you for inviting us to take part in these great events

Pembrokeshire County Show – with thanks to Valero who sponsored us to be there. Meet lots of lovely people.



Growing Wild Children's Festival – The Sun came out and for the day and we had lots of fun playing games, painting and making crowns

Autism and Neurodivergent awareness day – 6th Nov 10am to 2.30pm



ASD Family Help
Autism/ALN & Neurodivergence
Awareness Information Event

- Information and Support Stands
- Guidance and Advice
- Café area, offering Healthy Food & Tea, Coffee and lots of Chats
- Connecting /Networking with others
- Workshops

Workshops
10.45am to 12 noon Autism - What does it all mean?
1pm to 2.15pm - Benefits - Identifying what you are entitled to and how to claim
Please fill in the form to book your place:
<https://forms.office.com/e/iK1MPaC6L3>

12.15 to 1.45 - Child of Earth will be doing a talk on the benefits of Autistic Children getting outdoors

WEDNESDAY 6TH NOVEMBER - DOORS OPEN 10AM - TO 2.30PM
Venue
Pater Hall Lewis
Street, Pembroke Dock
SA72 6DD

Bringing the Community Together
Email: Melissa@asdfamilyhelp.org for more information

The 6th Nov we are holding an Autism and Neurodivergent Awareness event – we have nearly 30 organisations attending to offer advice and guidance. There will be workshops for you to attend and a chance to talk to others in the Café area.

To book onto the workshops please click onto this link:

<https://forms.office.com/e/iK1MPaC6L3>

This event is FREE – If you are wanting to come please can you fill in this pre -event questionnaire for our funders:

<https://forms.office.com/e/tjvWe1fS7d> It will take only 1 minute – Thank you.



Valero Charity of the Year 2024

As you are aware we are Valero's Charity of the Year and we have been having lots of great fun with them. They have donated a large sum of money to us so far, which means as a Charity we can keep supporting our



local Pembrokeshire Community and offering some great activities and events. Thank you Valero and it's staff and sponsors, we are truly grateful for all your support.




Other Local Donations Last Term.

We would like to thank all the local organisations who have kindly raised funds for us or have given us a donation and all those who have support us at these events. All the money goes towards running our local family holiday events and the activities run at our youth and adult groups, as well as 1-1 support for our autistic community and its families.

Tesco's (Milford Haven) Pembroke Dock Harlequins RFC, Milford Haven Golf Club.

We also like to thank all those who have given us donations of toys and items for our hampers we raffled off at the County Show and Growing Festival.

 **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 yo have any questions melissa@asdfamilyhelp.org or text/phone: 07384 733658