



ASD Family Help

Autism & neurodiversity - embracing differences

Registered Charity No. 1135718



Pembrokeshire Summer Term 25 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 Summer Term. Plus anything else that we feel is good news to share with you all.

Dates for Spring Terms Parent Support Groups



ASD Family Help
Parent/Carer Support Groups
 A safe place to talk, share and form new connections

Do you feel lost, lonely or isolated?

Milford Haven- Youth Centre, Priory Rd
 Wednesday
 10am to 11.30am
 14th May, 11th June, 9th July.

Tenby - The Old Chapel Lower Frog Street
 Monday
 10am to 11.30am
 12th May, 9th June, 7th July.

Fishguard - Mannings Cafe
 Monday
 10am to 11.30am
 19th May, 16th June, 14th July.

Haverfordwest - The Bull Inn
 Tuesday
 1pm to 2.30pm
 20th May, 24th June, 15th July.

Pembroke Dock - Y Cerrig Glass
 Monday Evenings
 7pm to 9pm
 19th May, 23rd June, 14th July.

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Workshops



Autism/ALN Behaviour Workshop – This workshop is for parents/carers with children who are neurodivergent or ALN and are having difficulties managing certain behaviours / concerns at home. You will have a chance to share concerns and learn how best to support our young people with a therapeutic approach.

6th May 9.45am to 12 noon Pennar Community Hall– To book

please click on Eventbrite link <https://www.eventbrite.co.uk/e/autism-and-aln-behaviour-workshop-tickets-1260958363409>

Autism / ALN Anxiety Workshop – This workshop focuses on anxiety and how it can affect our autistic/ALN young people pre and post an assessment. The workshop is aimed at parents / carers to enable them to share and by the end of the session have some strategies and resources on how to support their children with managing anxiety and their wellbeing. **13th May 10am to 12 noon Solva Community House** To book please click on this Eventbrite link:

<https://www.eventbrite.co.uk/e/autism-aln-understanding-and-supporting-anxiety-tickets-1260891563609>

Identifying and Connecting with Autistic Young People -Pre and Post Assessment

This workshop aims to enable parent/carers to learn about autism, connecting with their young person and giving them new skills and strategies to support with daily life and skills. **19th June 9.45am to 12 noon. Haverfordwest Fire Station.** To book please click on this Eventbrite link:

<https://www.eventbrite.co.uk/e/identifying-and-connecting-with-autistic-young-people-pemb-tickets-1253004473109>

Supporting Emotional Regulation Skills Workshop -Pre and Post Assessment

Teaching our children to emotionally self-regulate is an important life skill. This workshop looks at how using the 5 point scale and other methods which can help them start to recognise, name a feeling, how they feel in their body and what they can do to help self- regulate themselves. **23rd June 9.45am to 12 noon. Fishguard - Glannau Gwaun School.** To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/supporting-emotional-regulation-skills-for-our-autism-aln-young-people-tickets-1270507725809>

Supporting Early Years 0-5 yrs Workshop - Pre and Post Assessment

This workshop focuses on looking at the under 5's. How Autism/ALN may present itself, strategies on how to support communication, building on attention/interaction skills and developing play skills **1st July 9.45am to 12 noon. Fishguard - Glannau Gwaun School.** To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/supporting-emotional-regulation-skills-for-our-autism-aln-young-people-tickets-1270507725809>

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 of 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.

During the evening we do quiz's, offer arts and crafts, games to play and other months we play bingo. We now also have a quiet area for those who would just like to chat and make new connections.



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

Half Term and Summer Holidays

Cinema Torch Theatre Lilo and Stitch 27th May - £6 per person email Kim: kim@asdfamilyhelp.org

Deer Park 13th August– Cost TBC to book a place and more details - please email Kim@asdfamilyhelp.org

Scolton Manor 24th July – Free to book a place, please email kim@asdfamilyhelp.org

Dance Evening in Milford Hven TBC – 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




Easter Fun

Barry Island – With thanks to Milford Coaches who kindly supported us with this trip, our families had a great day out – a first visit for some of us.

Easter Party– We had a wonderful Easter party, with a visit from Easter Bunny. Sadly the rain stop us from getting outside and doing our easter egg hunt. However there were lots of crafts and lovely food on offer.



 **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