



ASD Family Help

Autism & neurodiversity - embracing differences



Registered Charity No. 1135718

Pembrokeshire Summer Term Newsletter

Welcome to our Summer Term Newsletter. This is your go-to place for updates on our upcoming workshops, support groups, activities, and community news. We're delighted to share what's coming up and to celebrate some recent highlights with you.

Dates for Spring Term Parent Support Groups



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

Milford Haven- Lord Nelson Pub.
Wednesday
10am to 11.30am
13th May, 10th June, 8th July.

Tenby - The Deer Park Baptist Church - Car park at the back
Tuesday
10am to 11.30am
12th May, 9th June, 7th July.

Pembroke Dock - Y Cerrig Glass
Monday Evenings
7pm to 9pm
18th May, 22nd June, 13th July.

Haverfordwest - The Bull Inn
Tuesday
1pm to 2.30pm
19th May, 23rd June, 14th July.

CRONFA GYMUNEDOL COMMUNITY FUND

Workshops – pre and post-assessment



Autism / ALN Anxiety Workshop – This workshop focuses on anxiety and how it can affect our autistic children pre and post a diagnosis. 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. **7th May 10am to 12 noon**

Phoenix Community Centre - Goodwick To book please click on this Eventbrite link:
<https://www.eventbrite.co.uk/e/autism-adhd-aln-anxiety-workshop-tickets-1982191726814>

Neurodivergent Adult Connecting Session – Pembrokeshire Welcoming independent Adults who feel or recognise they are Autistic/ADHD looking for connection, understanding and a safe place to meet others and ask questions. **8th June 10am to 12 noon.****The Green Shed - Haverfordwest** To book please click on this Eventbrite link
<https://www.eventbrite.co.uk/e/neurodivergent-adult-connecting-session-pembrokeshire-tickets-1982573971117>

Understanding the 'WHY' – Looking at behaviour

This workshop is for parents/carers with children who are neurodivergent or ALN and are having difficulties understanding and unpicking why we see and experience certain behaviours with our young people. We aim to help you see beneath the surface and build stronger connections /relationships. **19th May 9.45am to 12 noon. HQ Command Fire station Haverfordwest** To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/understanding-the-why-looking-at-behaviour-tickets-1984391019959>

Explaining and Supporting PDA Workshop This workshop focuses on looking what is Pathological Demand Avoidance (PDA) - identifying traits and supporting our young people with high levels of anxiety and demand avoidance. **18th June 9.45am to 12 noon. Solva Community House.** To book please click on this Eventbrite link <https://www.eventbrite.co.uk/e/explaining-and-supporting-pda-pembrokeshire-tickets-1983615834358>



Understanding the 'WHY' – Looking at behaviour

This workshop is for parents/carers with children who are neurodivergent or ALN and are having difficulties understanding and unpicking why we see and experience certain behaviours with our young people. We aim to help you see beneath the surface and build stronger connections /relationships. **1st July 10am to 12.15pm. Canolfan Hermon Community Resource Center, Hermon, Glogue, SA36 0DT** To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/understanding-the-why-looking-at-behaviour-tickets-1984391819350>

Emotional Regulation Workshop – Teaching our children to emotionally self-regulate is an important life skill. This workshop looks at using the Zones of Regulation 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. As well as you supporting them. **13th July 9.45am to 12 noon. Pennar Flying Start Centre** To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/supporting-emotional-regulation-skills-for-our-autismadhdaln-young-people-tickets-1984299023796>



Sleep Matters – With thanks to the National Lottery, we can offer support and guidance around Sleep. Sleep is important for young people because it supports their brain development, learning, emotional regulation, and overall physical health. It also matters for parents because good sleep helps them stay supportive, focused, and better able to assist their children's needs.

Sleep Matters Workshops and Support Groups

Workshop 30th April 9.30am to 12 noon – Pennar Community Hall Treowen Road, Pennar, Pembroke Dock. SA72 6NY – To book please click on link: <https://www.eventbrite.co.uk/e/sleep-matters-workshop-tickets-1984891290281>

Support Group - 14th May 9.30am to 12noon - Pennar Community Hall Treowen Road, Pennar, Pembroke Dock. SA72 6NY – This is a drop-in session for all.

Workshop 17th June 9.30am to 12noon – Narberth - Llanddewi Velfrey Village Hall Llanddewi Velfrey, Pembrokeshire SA67 7PA – To book please click on link: <https://www.eventbrite.co.uk/e/sleep-matters-workshop-tickets-1984889905138>

Support Group – 2nd July 9.30am to 12noon – Narberth -Llanddewi Velfrey Village Hall Llanddewi Velfrey, Pembrokeshire SA67 7PA – This is a drop-in session for all.

Neurodivergent Connecting Session – A new pilot session

Welcoming independent Adults who Feel or Recognise they are Autistic/ADHD

Are you an autistic, ADHD, or otherwise neurodivergent adult looking for connection, understanding, and a safe place to be yourself?

Join us for a gentle, welcoming group session where you can:

- Share experiences (only if you want to)
- Feel heard and understood
- Meet others who “get it”
- Build confidence and community
- Learn and grow together

Come along to listen, talk, or simply be present. No pressure. No judgement. Just connection.

Open to all independent neurodivergent adults at the Green Shed – Haverfordwest – to book click on link: <https://www.eventbrite.co.uk/e/neurodivergent-adult-connecting-session-pembrokeshire-tickets-1982573971117>

Youth Clubs

Both clubs are full at the moment with waiting lists. However, please email Kim@asdfamilyhelp.org for registration form or to find out more.



Adult Social Group – The Bull Inn Function Room – We Have Spaces.



A social group for autistic adults (18+) who require little or no supervision and feel comfortable in a group setting. Their partners, friends, or carers are also welcome. The group will meet once a

month on a Wednesday evening from 6pm to 8pm. During the evening, we do quizzes, offer arts and crafts, play games, and sometimes we play bingo. We also now have a quiet area for those who would like to chat and make new connections. For more information and to complete a registration form for booking, please email

Melissa: melissa@asdfamilyhelp.org



Other News

Beach Clean – With Thanks to the Bluestone Foundation

We were treated to a truly glorious sunny day, and together we collected an amazing — and quite frightening — amount of rubbish. After all our hard work, it was lovely to relax, have some fun, and enjoy a picnic together. We couldn't have done it without you — thank you for helping make a real difference 💙





Easter Party



The Easter Bunny paid us a visit and brought treats — a fun and joyful afternoon enjoyed by all.

Coming up....

Half Term – Cinema – Torch Theatre

Summer Holidays – Dates and times will be shared on our Facebook page.

Scolton Manor

Clerkenhill farm

Pond Dipping



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 or text/phone: 07384 733658