ASD Family Help

Autism & neurodiversity - embracing differences

Registered Charity No. 1135718

Pembrokeshire Autumn Term Newsletter

Welcome to our Autumn 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

Workshops – pre and post-assessment

ADHD Workshop –You are invited to attend an informative and supportive workshop designed for parents and carers who wish to develop a deeper understanding of ADHD and learn effective approaches to support young people.

. **24th Sept 10am to 12 noon Solva Community House, SA62 6XW** To book please click on this Eventbrite link: https://www.eventbrite.co.uk/e/understanding-adhd-and-supportive-approaches-tickets-1990480106581

Identifying and Connecting with Autistic Young People -Pre and Post Assessment
This workshop aims to enable parent/carers to learn about autism and give them new skills and strategies in supporting their young person. **29th Sept 9.45am to 12 noon. Pater Hall, Pembroke Dock**. To book please click on this Eventbrite link: https://www.eventbrite.co.uk/e/identifying-and-connecting-with-autistic-young-people-tickets-1990481408475

Sensory Differences Workshop -Pre and Post Assessment
This workshop aims to enable parent/carers to identify what is sensory processing differences and give them ideas and strategies to support their young people **6th Oct 10am to 12 noon. Venue Narberth TBC, Pembrokeshire SA67 7PA**

To book please click on this Eventbrite link https://www.eventbrite.co.uk/e/autismadhd-aln-sensory-processing-differences-workshop-tickets-1992476845882

Anxiety Autism / ADHD/ ALN 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. **8th Oct 9.45am to 12 noon Pennar Flying Start** To book please click on this Eventbrite link: https://www.eventbrite.co.uk/e/autism-adhd-aln-anxiety-workshop-tickets-1992477506859

Communication Workshop This workshop focuses on having an awareness of the different learning and communication styles within our neurodivergent young people.
We aim to give you ideas/strategies around improving communication with your young person and to support their independence**. 4th Nov 9.45am to 12 noon. Haverfordwest HQ Firestation** To book please click on this Eventbrite link https://www.eventbrite.co.uk/e/autismaln-communication-workshop-tickets-1992553429947

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.**16th Nov 9.45am to 12 noon. Regency Hall, Saundersfoot** To book please click on this Eventbrite link https://www.eventbrite.co.uk/e/explaining-and-supporting-pda-pembrokeshire-tickets-1992564130954

Picky Eating – Autism/ALN/ADHD
Many autistic and ALN children experience food selectivity, often called “picky eating.” Your child may prefer very specific foods, avoid certain colours or textures, or find mealtimes overwhelming due to noise, smells, or changes in routine.
If this sounds familiar, you’re not alone—support is available. This friendly workshop is designed for parents and carers. We’ll explore why eating can be challenging for autistic children and share practical, realistic strategies you can try at home. You’ll leave with greater understanding, reassurance, and simple steps to help your child feel more comfortable around food.
19th Nov 9.45am to 12 Noon. Milford Haven, Junior School To book please click on this Eventbrite link: https://www.eventbrite.co.uk/e/picky-eaters-supporting-alnadhd-autism-young-people-tickets-1992749530489

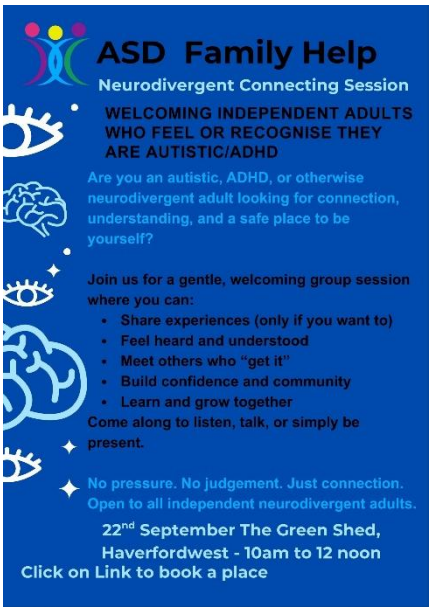
Sleep Matters – With thanks to the National Lottery, we can offer support and guidance around Sleep. Sleep is important for young people because it supports their brain development, learning, emotional regulation, and overall physical health. It also matters for parents because good sleep helps them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

Sleep Matters Workshops and Support Groups

Workshop 22nd October 9.30am to 12 noon – Fishguard Leisure Centre, SA65 9DT – To book please click on link: https://www.eventbrite.co.uk/e/1995917731664?aff=oddtdtcreator

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.

Neurodivergent Connecting Session – A new pilot session – 22nd Sept Green Shed – 10am to 12 noon



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/1990479834768?aff=oddtdtcreator

Youth Clubs

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

Adult Social Group – The Picton Community Hall – 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 – Summer Fun Children's Festival Week

We had the pleasure of partnering with **Pembrokeshire College, Hiraeth Haven, and Popty Press** for some fantastic sessions with our young neurodivergent community.

It was wonderful to see everyone enjoying themselves, making connections, and taking part in a space where they felt safe, supported, and included. Thank you to everyone involved in making these sessions such a positive experience.

Clerkenhill Farm

A huge thank you to **Clerkenhill Farm** for their kindness and support in opening up exclusively for us that evening. We were delighted to welcome nearly 100 families for a fun, relaxed, and inclusive event, allowing everyone to enjoy time together in a safe and welcoming environment.

A heartfelt thank you to everyone who joined us and helped make the evening such a wonderful success. We hope you all enjoyed it as much as we did!

PWllCROCHAN Trip – Valero

We can't thank the Valero volunteers enough for two wonderful days at this beautiful, peaceful location. We thoroughly enjoyed pond dipping, discovering nature, and learning about the fascinating creatures living beneath the surface.

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Stakepole Walled Garden Family Day

We had a fantastic day with Dan at the beautiful Stakepole Walled Gardens, exploring nature, learning about local wildlife, and discovering the many benefits of foraging. It was a wonderful opportunity for families to connect with nature, learn new skills, and enjoy the outdoors together.

This event was kindly funded by **Keep Wales Tidy**, and we would like to say a huge thank you for making this experience possible.

Tenby Beach Day

We had a fun day at the beach and the Life Guards gave us a talk about how to stay safe at the beach and when you go into the water – very interesting and helpful. Everyone should learn more about the Float to Live Campaign.

THANK YOU! VALERO AND ITS SPONSERS

We had a fantastic evening with **Valero Pembroke Refinery** and its sponsors! 💙

A huge thank you to Valero and all the sponsors whose generosity made this event such a success. An incredible £700,000 was awarded to charities, bringing organisations from across Pembrokeshire and Wales together to celebrate. We are absolutely delighted that ASD Family Help received £30,000.

This funding will help us continue supporting autistic, ADHD, and young people with learning difficulties and disabilities through our youth clubs, support groups, wellbeing activities, and inclusive community programmes.

Thank you to everyone who made this possible. Together, we are helping to build a more inclusive, understanding, and supportive future for neurodivergent young people and their families across Pembrokeshire.

💙£30,000 awarded to ASD Family Help. Thank you for investing in our young people, their futures, and our community. 💙

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