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Telford Autism Hub

<https://www.telfordautismhub.org.uk/>

Issue: December 2021

A VERY MERRY CHRISTMAS and Happy New Year!



From all the
team at Telford
Autism Hub!

autism
west midlands

Christmas Tips



With the countdown to Christmas now upon us it is important to remember to do what works for you as a family or individual. With this in mind we wanted to share with you some autism-friendly Christmas tips that may help with the festive period.

Christmas top tip: Create a Calendar or Visual Timetable

You can use a calendar to highlight specific events that will be happening around the festive period. Timetables can help reduce anxiety by providing structure and predictability. For further information on creating timetables please visit:

<https://autismwestmidlands.org.uk/online-resources/visual-resources/>

Christmas top tip: Festive Free Time

You might want to arrange some festive free time. Also be aware that large family gatherings with unfamiliar relatives may cause anxiety. Communication is really important. Ensure that family members know that 'time-out' is essential and is not meant to offend.

Christmas top tip: Family Gatherings

If you are attending family gatherings over the festive period explain autism to your family members. Sharing an understanding of autism can prevent and pre-empt misunderstandings.

Christmas top tip: Sensory Stimulators

If you are attending a family gathering or social event you may choose to advise them of anything that might trigger your sensory issues in advance i.e. flashing lights, Christmas crackers, loud music, scented candles and of any adjustments that can be made to make it more comfortable for yourself.




Christmas Opening hours

**We are open as usual except
on the Bank Holidays.**

Experiencing financial difficulties? Don't suffer in silence call the numbers below for free advice and information:

Thrive: 01952 504325 (Appointments by telephone only)

Opening Times:

Monday to Friday 9am to 5pm

Closed weekends and Bank Holidays



Citizens Advice Telford: 0300 330 1165

Or pop along to their Drop in sessions at 40 Tan Bank, Wellington, Telford, Tf1 1HW (Appointments on a first come first seen basis)

Opening Times:

Monday to Friday 9:30am to 4pm

Closed weekends and Bank Holidays



Diary of Events December 2021

POSTPONED

FRIDAY DROP INS & WORKSHOPS

Due to unforeseen circumstances the Friday Drop Ins/Workshops will be postponed with immediate effect until further notice. We apologise for any inconvenience caused.

If you need any information, support or guidance please contact us on 01952 916109 or email: admin@telfordautismhub.org.uk



Sophie from Autism West Midlands will be hosting the following **ONLINE WORKSHOPS** on Zoom this month:

Friday 10th December 11am to 12pm - ZOOM SESSION

Self-Employment Advice Session for 18–30-year-olds: Guest Speaker Sarah from Shropshire Youth Support Trust [SYST]

Shropshire Youth Support Trust are delivering a Zoom session to explain how they help young people who are not in education, training or employment, to think about self-employment to help them be financially and socially independent. Why not turn a hobby into a job that is designed around your needs and capabilities? Joel did just this and he started his business around his love of Dungeons and Dragons: <https://www.youtube.com/watch?v=LriDVJ2j4NY&t=86s>

If you would like to attend please contact the Hub prior to the event on 01952 916109 so we can share Zoom log in details for this session closer to the time



Telford and Wrekin Council have begun a consultation exercise to find out what autistic adults, and their families and carers think about services in Telford and what you would like for the future.

When they have collected your views, they will use them to draw up an Autism Strategy which will help them plan for future services and support.

There is an online questionnaire that you can fill in at this link which is open until the 10th December 21

<https://telford.researchfeedback.net/s.asp?k=163342519721>

If you would like a paper copy to fill in you can ask for one by emailing autismconsultation2021@telford.gov.uk

The Council have asked Autism West Midlands, as an independent charity, to help collect your views. They want to know what is important to you, what works well for you, the things that would make life easier for you, and what you want your future to look like.

If you would like help to fill in the questionnaire you can ask us by emailing telford@autismwestmidlands.org.uk or by calling 0121 450 7582.