

## Happy Easter!



Happy Easter from all the team at Telford Autism Hub. Please note that we will be closed on Good Friday & Easter Monday.

## NHS Vaccine Video

This is a short film from NHS England and NHS Improvement developed for people with learning disabilities and/or people with autism. It describes what a vaccine is, how vaccines are made, why you should get a vaccine, whether a vaccine makes you ill and how to decide whether to have a vaccine or not. <https://youtu.be/M3Wh23PDnfE>



## Telford Shopping Centre



The Telford Shopping Centre is still open for essential stores only, click and collect and take away. It is looking forward to stores re-opening on the 12<sup>th</sup> April, subject to government guidance. Click on the link for further information: <https://www.telfordcentre.com/whats-on/news/here-for-you/>

## World Autism Awareness Week 2021



World Autism Awareness Week is back for 2021 from 29<sup>th</sup> March – 4<sup>th</sup> April. Telford Autism Hub is hosting a range of events to promote awareness and understanding. Check out our Facebook page for how to register [Facebook - Telford Autism Hub](#) or call 01952 916109 so we can share log in details/links.

There will also be a mix of podcasts and autism awareness information posted on our Facebook page throughout the week.

First up on Wednesday 31<sup>st</sup> March, we have a Zoom Q&A Session on 'Diagnosis and what happens next' from 7pm—8.30pm.

Then on Thursday 1<sup>st</sup> April, a Zoom session on ASD and Preparing for Adulthood from 11.00am—12.30pm.

Finally on Thursday 1<sup>st</sup> April, we have a webinar on ASD in 2021; Exploring Current Themes, News and Research from 2.00pm—3.00pm.



The NAS are using World Autism Awareness Week to improve public understanding of autism, celebrate autistic people's achievements and fundraise.

Visit the [NAS website](#) for expert advice on a wide range of issues affecting autistic people and their families including Education, Coronavirus, Diagnosis and Mental Health.

## FRIDAY 9<sup>th</sup> APRIL 11 AM -12 NOON

### Planning a social life after lockdown

Zoom session hosted by Simon (Autism West Midlands) & Sheila (TAH)

**If you would like to attend, please contact the hub prior to the event on 01952 916109 so we can share log in details for this session**

## THURSDAY 29<sup>th</sup> APRIL 7PM – 8PM

### Zoom Social Evening

Often men over 40 can often find it difficult to find someone/ somewhere to talk about their situation, to talk about what makes them worry and discuss some things in life that younger people seem to take for granted. This month's social event will hopefully offer a 'safe' space for men over 40 to explore these areas and will give an opportunity to share your experiences, thoughts and strategies that you may have developed. It will also provide the opportunity to offer ASD related peer support. Hosted by Simon Fraser (AWM) & Jane (TAH).

**If you would like to attend please contact the hub prior to the event on 01952 916109 so we can share log in details for this session.**

## FRIDAY 16<sup>th</sup> APRIL 11 AM -12 NOON

### ASD and the World of Work

This workshop is an introductory webinar exploring the world of work. It will consider employer and employee expectations, support that might be available and some of the challenges and benefits working can bring. It will also consider some adaptations and autism friendly strategies that can be used to make a working environment more ASD friendly. This event will be hosted by Simon (Autism West Midlands & Sheila (TAH)

**Please follow the link to register**

[https://autismwestmidlands.webinarninja.com/live-webinars/714673/register?in\\_tok=4fe6b5a4-c9bf-432c-8d0f-3033e0bb8b06](https://autismwestmidlands.webinarninja.com/live-webinars/714673/register?in_tok=4fe6b5a4-c9bf-432c-8d0f-3033e0bb8b06)

## FRIDAY 23<sup>rd</sup> APRIL 11 AM -12 NOON

### Healthy Lifestyles

Zoom session hosted by Sid Harris (TWC Health & Wellbeing) & Jane (TAH).

We will be discussing areas such as healthy eating, weight management, physical activity and emotional health and wellbeing.

**If you would like to attend please contact the hub prior to the event on 01952 916109 so we can share log in details for this session.**

## FRIDAY 30<sup>th</sup> APRIL 11 AM -12 NOON

### An Introduction to ASD

This webinar is for those who have recently been diagnosed or who would like a refresher. It explores common ASD related strengths and difficulties. It will give you tips on how to disclose ASD and how to describe it to others. The webinar will also give you the opportunity to ask questions and share your experiences. This event will be hosted by Simon (Autism West Midlands) & Jane (TAH)

**Please follow the link to register**

[https://autismwestmidlands.webinarninja.com/live-webinars/714676/register?in\\_tok=d20f8097-f457-4f0c-9262-21ddcadd7c8f](https://autismwestmidlands.webinarninja.com/live-webinars/714676/register?in_tok=d20f8097-f457-4f0c-9262-21ddcadd7c8f)