

Learning Disability & Autism Programme

The Shropshire, Telford and Wrekin Learning Disability and Autism Programme is developing its overarching vision and principles. This is important as it provides focus, sets direction and unites everybody with where we want to get to as a local health and care system. It also sets out what we want to achieve for and with people living with a learning disability and/ or autism.

This vision aims to align their work across health and social care in Shropshire, Telford and Wrekin. Once developed it will provide a foundation for detailed strategies and plans where these are not yet in place or need to be updated.

<https://www.shropshiretelfordandwrekinccg.nhs.uk/get-involved/current-conversations/learning-disability-and-autism-programme/>

They would now like to hear your views and feedback on the draft vision and principles to make sure the right information has been captured.

To have your say, please read the draft vision on page 4 and the easy read version from page 5 in the document below and complete our short survey by clicking on the following link: [Survey](#)

[Learning Disability and Autism Programme Draft Vision](#)

To view the Easy read version of the draft vision on its own please click on the document below:

[Powerpoint presentation](#)

Molehill Mountain App



Molehill Mountain is the first evidence-led smartphone app aiming to help autistic adults understand and self-manage their anxiety. The app has been developed by Autistica and researchers at King's College London with input from autistic people and funding from Maudsley Charity and The Worshipful Company of Information Technologists. You can download the free app on the Google Play or Apple App Store.

Amazing work!

A service user sent us this amazing photo of the crochet work he did during Lockdown!

If you have a photo of something you've created whether it's a cake, a piece of artwork, a photograph or craft work send us a photo to admin@telfordautismhub.org.uk and we can include in our Newsletter and celebrate your achievements.



Telford Shopping Centre

Telford Centre welcomes you back! Full details to help you plan your visit are available at <https://www.telfordcentre.com/whats-on/news/here-for-all-new-everything/>

FRIDAY 7th MAY 11 AM -12 NOON

General drop in and chat

Hosted by Simon (Autism West Midlands) and 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.

FRIDAY 14th MAY 11 AM -12 NOON

ASD and Obsessional Behaviours

This Zoom Session will consider definitions and terms used in assessment for ASD. It will explore the differences between OCD and ASD related behaviours, offer a brief review of books, literature and recommended videos and give you the chance to share your personal experiences and ask questions.

Hosted by Simon (Autism West Midlands) & 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 21st MAY 11AM – 12 NOON

How to stop the scammers with HSBC

In uncertain times, we want to do everything we can to help you manage your money with safety and confidence.

That's why we'd like to invite you to the Together Against Fraud – HSBC@Home Session run by your local HSBC team on **21 May 2021 at 11.00**. You may think fraud happens to other people, but it can affect us all. The good news is, we all have the power to tackle the fraudsters when we take some simple precautions.

They'll take you through the main types of financial fraud you might come across, from fake emails to callers pretending to be from your bank. They'll also tell you about some of the ways they're making your money more secure, with sophisticated – yet easy-to-use – digital banking tools.

The session will last around 30 minutes, and you'll have the chance to ask any questions you may have about financial scams and staying safe.

How to join

- Download the **Zoom application**
- A few minutes before the session tap **Join** on Zoom
- Then enter the **Meeting ID:** 959 0856 4252 and **Passcode:** 576744 when prompted

If you'd rather call in on your phone, dial +44 208 080 6591 using the meeting details above. However, please note you will not be able to view the on-screen material through this option.

You don't need to be an HSBC customer to benefit from the session, as we simply talk about all types of financial fraud which would be relevant no matter where you bank.

THURSDAY 27th MAY 7.00PM – 8.00PM

Zoom Social Evening

This month's social event will be an **'invite only'** event for women and will be a safe space to explore common misconceptions, difficulties and strengths related to ASD. Simon Fraser (AWM) will be attending the event to describe some common experiences and challenges that he has experienced whilst working with women. The evening will also consider the day-to-day difficulties women still face in today's society that can be exacerbated by ASD.

Hosted by Simon (Autism West Midlands) and Jane (TAH)

FRIDAY 28th MAY 11.00AM – 12 NOON

Spoon Theory

This will be a Zoom session introducing The Spoon Theory, a metaphor to describe available energy and how inner resources can be used up / shared out on a day-to-day basis. The Zoom session will explore the differences between those who have limited energy and why such differences occur. It will begin to explain why there are some days energy can be more limited than on other days. It will also explore why on some days; energy levels are depleted completely and yet other days there is more than enough. You will also have the opportunity to ask questions about the theory and share personal experiences.

Hosted by Simon (Autism West Midlands) and 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.