

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>

Learn Telford Online Events

Quiz - Thursday 11 February 11am to 12 noon

A fun online quiz and a chance to share and receive information about events, courses and training. To register your interest, please visit www.learntelford.ac.uk and leave your name, contact number and email to receive an online link to enter the quiz via Microsoft Teams.

Hobby Hour – Wednesday 3, 10, 17 and 24 February 10:00am – 11:00am

A free online activity hour sharing hobby interests from the comfort of your home.

Resource pack and materials provided. For more information or to book a place please contact Learn Telford on 01952 382888 or text/call on 07800 671757 / 07800 671797



Remember to give us a Like on Facebook

<https://www.facebook.com/telfordautismsupport>

Photographic Competition



The team are always looking at new activities and suggestions to provide a good balance of social

interaction events for you. So instead of a Thursday social night, we thought we would try something different.

This month we have a photographic competition. Subject: "A Glimpse of Winter" The overall winner receives a **£10.00 Amazon gift card!**

You don't need a fancy camera to capture that special image. Most mobiles have cameras. Be as creative as you can.

The rules are that this must be your own image and not copied from internet. Please send your entries to admin@telfordautismhub.org.uk no later than 25/02/2021.

All photos will be shared in our next month's newsletter and on Facebook.

Good luck everyone.

Telford Shopping Centre



The Telford Shopping Centre is still open through this National lockdown for essential stores only, click and collect and take away.

Click on the link for further information: <https://www.telfordcentre.com/whats-on/news/here-for-you/>

FRIDAY 5th FEBRUARY 11 AM -12 NOON

Autism Spectrum and Emotions and exploring ways to manage them.

This webinar will look at common emotions including anger, love, fear, loneliness and sadness and consider strategies that could make a difference. It will also explore how Autistic people can sometimes find it difficult to express their feelings and how this can cause lack of understanding. There will be an opportunity to ask questions about your personal experiences and also to share your strategies that have worked for you.

https://autismwestmidlands.webinarninja.com/live-webinars/653865/register?in_tok=d84c48c2-2cd5-4ced-89c8-d706abb80b11

FRIDAY 12th FEBRUARY 11 AM -12 NOON

Keeping you occupied over lockdown with Rob Hedison

Online event hosted by Rob Hedison (T & W Community Learning Team), 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 19th FEBRUARY 11 AM -12 NOON

General Chat

Online event 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 26th FEBRUARY 11 AM – 12 NOON

Q&A Session – How a diagnosis in adulthood can change your life

This webinar will look at how an assessment for ASD can change your life, what the positives are and the common reactions from other people. It will discuss who to disclose to and the advantages of work colleagues and family knowing. It will also outline some of the common disadvantages to help you make an informed decision about disclosing. Hosted by Simon (Autism West Midlands) & Sheila (TAH)

https://autismwestmidlands.webinarninja.com/live-webinars/662078/register?in_tok=0acb0365-3afe-4295-b32c-e353404dd5fc