

We are on the Move !

The Autism Hub along with CVS are moving in June to Hazeldine House in Telford Shopping centre. Our telephone line will not be available on Friday 12th June, it will reopen on Monday 14th June.

Hazeldine House is in the same area as the Thomas Botfield Pub. We are very excited about the move; it will allow us to provide more hub events and be accessible to more people. So

watch this space!



Simon is leaving the Hub



After 15 years working for Autism West Midlands and more than 3 years working in Telford at the Autism Hub I have decided to leave my current role and have accepted a brand new role with Telford and Wrekin Council as their Autism Practice Lead. The role, although really difficult to describe, will consist of supporting social workers to complete social care assessments, I will be offering autism awareness training to staff, also, I will be making sure services across Telford and Wrekin are sufficient and will be campaigning for more services to support the autistic community and their families. It is an exciting role and I am hoping the support I offer in the Hub will increase, not decrease.

My final Zoom session will be held on the 4th June at 11am. I am more than happy to answer any questions you may have about the new role. It is a bitter sweet moment for me and I will certainly miss everyone.



Our floating support services offers tailored support to meet your needs in your own home as well as out in the community whilst our accommodation-based services offer accommodation combined with support. If you need to contact Thrive, please call 01952 400401

Now Covid restrictions are lifting, its time to think about a new routine, or a change to your lifestyle. Five Ways to Well-being, helps you to do this, so we've put some things together for you to think about

Connect...

Be active...

Notice...

Keep learning...

Give...

Indoor Exercises

https://www.youtube.com/watch?v=l2N6zfRiGIE&list=PL2CjI9na7mS8iD5fC5_6SpqSwBqAb4-KV&index=2

https://www.youtube.com/watch?v=-lleEyuAfl0&list=PL2CjI9na7mS8iD5fC5_6SpqSwBqAb4-KV&index=3

https://www.youtube.com/watch?v=VH56a7bxi_o&list=PL2CjI9na7mS8iD5fC5_6SpqSwBqAb4-KV&index=3

https://www.youtube.com/watch?v=AWEaVmhgReQ&list=PL2CjI9na7mS8iD5fC5_6SpqSwBqAb4-KV&index=4

https://www.youtube.com/watch?v=KSqDEuHNL_o4&list=PL2CjI9na7mS8iD5fC5_6SpqSwBqAb4-KV&index=5

https://www.youtube.com/watch?v=smG-6clbKkY&list=PL2CjI9na7mS8iD5fC5_6SpqSwBqAb4-KV&index=6

https://www.youtube.com/watch?v=TRZNtUWZCBw&list=PL2CjI9na7mS8iD5fC5_6SpqSwBqAb4-KV&index=7

https://www.youtube.com/watch?v=P1_q1rJ9tOU&list=PL2CjI9na7mS8iD5fC5_6SpqSwBqAb4-KV&index=8

Connect – call a friend or relative for a chat.

Be active we have listed below, a series of YouTube clips, with outdoor walks and indoor exercises, give them a go, It could be fun !

Notice – when you are outdoors, look at Nature, notice the trees, flowers or wildlife, in your garden or in an open space

Keep learning, here are some links to help get you started:

https://www.mpft.nhs.uk/application/files/9016/1529/1444/Wellbeing_and_Recovery_College_Prospectus_Summer_2021.pdf

<http://learntelford.ac.uk/>

Give - Now things are opening up again, Would you like a volunteer position? Contact the hub and we will connect you with the BBO, who can support you with a voluntary position.

Outdoor walks

<https://www.youtube.com/watch?v=GRZFj7qEfko&list=PL2CjI9na7mS9nfI8iGHXzLCeu4FYqxMZS&index=2>

<https://www.youtube.com/watch?v=-9bnbFbjx3Q&list=PL2CjI9na7mS9nfI8iGHXzLCeu4FYqxMZS>

<https://www.youtube.com/watch?v=LxmkMpl5w6Y&list=PL2CjI9na7mS9nfI8iGHXzLCeu4FYqxMZS&index=3>

<https://www.youtube.com/watch?v=wYH3mc8IFfM&list=PL2CjI9na7mS9nfI8iGHXzLCeu4FYqxMZS&index=4>