

## Wishing you all a safe, healthy and prosperous New Year!

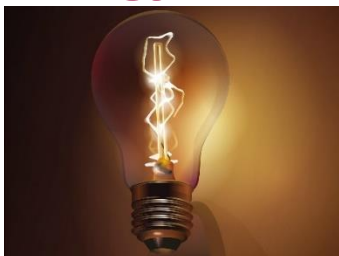


We would like to thank all of you for your support throughout 2020.

We're delighted to be welcoming service users new and old into the New Year.

With more fantastic talks and events ahead, 2021 promises to be an exciting time for the Hub.

## Do you need advice on saving money on your energy bills?



There are a number of schemes available that have already helped a number of our service users to lower their costs.

Here are some free services to help Telford & Wrekin residents save money on their gas and electricity bills while keeping your home warm and cosy.

Telford Energy Advice

<https://livewell.telford.gov.uk/Services/2836>

Marches Energy Agency

<https://mea.org.uk/our-work/energy-advice-at-home/>

Telford & Wrekin Citizens Advice

<http://telfordcab.co.uk/services-we-provide/the-energy-advice-programme>

## Free Bus Travel?



### Concessionary Travel Scheme

The Telford and Wrekin Concessionary Travel Scheme offers a number of travel opportunities to residents who are age-eligible, or people with disabilities who qualify under certain criteria. The scheme includes the new English Concessionary Travel Pass, which allows free travel on local bus services throughout England between 9.30am and 11pm Mondays to Fridays, and at any time on Saturdays, Sundays and Bank Holidays. Follow the link below to apply.

[https://www.telford.gov.uk/info/20174/public\\_transport/499/concessionary\\_travel](https://www.telford.gov.uk/info/20174/public_transport/499/concessionary_travel)

## Telford Shopping Centre



The Reception Desk in Telford Town Centre remains open to help give advice and support to anyone needing it to help make your shopping experience an easier one.

Look out for our Autism Champions who will be happy to help. All our Autism champions wear name badges to easily identify them.

Autism shopping hour will be running on the first Saturday of each month between 9am – 10am through 2021, starting Saturday 2<sup>nd</sup> January 2021

## FRIDAY 8<sup>TH</sup> JANUARY 11AM-12PM

### Planning the year ahead

The first Zoom session of the year where we will look at setting goals for the new year ahead. We will help you identify ways to make small changes in your life that could have health and wellbeing benefits for the year ahead. There will also be the opportunity to discuss the difficulties coping with the possibility of another lockdown and how to overcome any difficulties this could bring. Simon (Autism West Midlands) and Jane (TAH) will host this session

**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 15<sup>TH</sup> JANUARY 11AM – 12PM

### Introduction to ASD for Adults

This webinar is ideally suited to those that are on our waiting list for assessment or for those who have recently been assessed and diagnosed with ASD. It will be an introduction to ASD and will explore common difficulties and strengths an autistic person may have. It will explore the positive and negative reactions to disclosing your diagnosis and will offer you the opportunity to ask any questions related to your assessment or diagnosis. Simon (Autism West Midlands) and Sheila (TAH) will host this event.

To ensure everyone is ready and able to access the link, the webinar will go live from 10.45am. If you struggle to access the link then call 01952 916109 and we will offer support to access it.

### **Follow the link below to register**

[https://autismwestmidlands.webinarninja.com/live-webinars/638603/register?in\\_tok=d8d24e8b-6b5f-453f-838b-17265a15ec1f](https://autismwestmidlands.webinarninja.com/live-webinars/638603/register?in_tok=d8d24e8b-6b5f-453f-838b-17265a15ec1f)

## FRIDAY 22<sup>ND</sup> JANUARY 11AM-12PM

### 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 29<sup>TH</sup> JANUARY 11AM-12PM

### Understanding emotions

This Zoom event will give individuals the opportunity to consider how Autism can impact emotions both positively and negatively. It will consider the myth that Autistic people can't feel emotions and explore the "double empathy" concept. The session will include breakout rooms so you can share your own experiences.

There will be more interaction and sharing experiences than usual during this event. To get the most out of the session we would recommend using your camera and microphone, however we understand this can cause anxiety and you are still welcome to join in with the option to keep your camera off. Simon (Autism West Midlands) and Jane (TAH) will host this event.

**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 28<sup>TH</sup> JANUARY 7PM- 8PM

### Zoom Social Night – Games evening

Spin to win in this fun quiz game. Our host Jane, will spin the wheel to get a letter but the answer must begin with the letter. Can you name something in the kitchen beginning with the letter 'T'? Table maybe or teapot. Easy! There are no right or wrong answers. Wendy and Jane (TAH) will host this event.

**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.**