

TELFORD ADULT AUTISM HUB NEWSLETTER

TELFORD ADUTISM HUB (ADULT SERVICE) NEWS, UPDATES AND INFORMATION



As winter settles in, I am delighted to bring you the latest news from our Autism Hub. This season is a time for reflection and connection, and we've been working hard to ensure our space continues to be a warm, welcoming and a supportive environment for everyone. Whether through our workshops, community events or our one-to-one support, we remain committed to empowering autistic individuals and their families.

As we look ahead to the new year, we are excited to share updates, celebrate successes and highlight the incredible strength of our community. Thank you to those of you who contributed to our art exhibition, you will see inside some of the wonderful art created and I know I have been amazed by the amount of creativity within the service. I would like to take this opportunity to wish you all seasons' greetings and look forward to seeing what the new year has to bring.

Lucie Roberjot

CONTENTS OF THIS SEASON'S ISSUE:

WHAT YOU HAVE BEEN UP TO...	2-9
AUTISM NEWS/ARTICLES.....	10-11
WHAT'S ON.....	12-13
OUR RECIPE RECOMMENDATION.....	14
DIRECTORY FOR USEFUL LOCAL SERVICES.....	15



Supported by



WHAT WE'VE BEEN UP TO

WORLD AUTISM ACCEPTANCE WEEK CELEBRATIONS

To mark the Autism Acceptance Week celebrations, the Adult and Children Autism Hub teams, had their information stands in the Telford Centre to raise further awareness and a profile of the Autism Spectrum by offering advice, guidance, and support to those based locally in Telford and Wrekin who have a formal diagnosis of Autism and would like to access support from the Hub or those who would like to proceed with an Autism Assessment through our service.



The Adults Autism Hub had a selection of information on display to promote the service, including the latest programme of social events, ASD Assessment and Additional Support Referral forms and flyers for the Attingham Park Colour Walk and Bring Your Talent events to coincide with the Autism Acceptance Week celebrations. The Hub wanted to utilise the stand to the best of their ability and had a display of sensory toys on offer and details of how to access support from their partners Autism West Midlands.

ATTINGHAM PARK COLOUR WALK



For World Autism Acceptance Week, Telford & Wrekin CVS invited members of the Children Autism Hubs to paint rocks and show off their creativity. We then headed off on a joint walk of both the Adult and Children Autism Hub, around Attingham Park to hide the rocks. Luckily Telford comms attended this event which gave the Telford Autism Hub a great opportunity to reach further channels through advertising and showcasing the event via their social media. Events like these are very important as it solidifies the sense of community within the Autism Hub.



CELEBRATING AUTISM ACCEPTANCE WEEK - BRING YOUR TALENT EVENT

The Adults and Children's Autism Hub jointly hosted a remarkable "Bring Your Talent" event. This gathering showcased a diverse range of talents, including singing, comedy, musical performances, poetry, and visual art.

Attendees were captivated by a series of vocal performances, highlighting the musical abilities within the autistic community. Several participants entertained the audience with comedic routines, showcasing not only their humour but also their confidence and stage presence. The event featured various musical performances from both adults and children. Poets shared their work, offering deep insights into their thoughts and experiences.

Visual art was prominently displayed, allowing attendees to appreciate the creativity and expressive capabilities of the artists.

For many participants, performing or displaying their work publicly was a significant achievement, boosting their self-esteem and confidence. This positive experience can encourage further participation in community activities and personal development.

The event served as an excellent opportunity to raise awareness about autism and promote inclusivity. By highlighting the talents and achievements of individuals with autism, it challenges misconceptions and promotes a more inclusive society.

In conclusion, the joint "Bring Your Talent" event was a resounding success, demonstrating the rich and varied abilities of individuals within the autism community. It underscored the importance of viewing individuals with autism as multi-faceted and capable, significantly contributing to the ongoing effort to create a more inclusive and understanding community.



AUTISTIC YOUTH GROUP

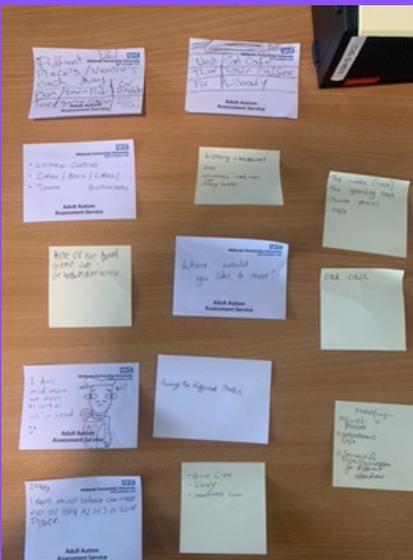


In April, the Autism Hub launched its pilot Autistic Youth Group, aiming to understand the hopes and expectations of the young participants. The initial meeting employed an interactive format to gather insights, encouraging attendees to write their answers on post-it notes in response to posed questions.

The initial question, "What do we want from this group?" prompted diverse responses. Participants expressed a desire to socialise with others who might be different like themselves, engage in various activities and day trips, and find a sense of community to avoid feeling isolated. Others emphasised the importance of changing perceptions about ASD and reducing stigma in daily life. Additional questions explored preferences regarding location, cost, time, frequency, and special interests of the group members. These questions provided valuable information for tailoring the group's future activities and logistics. Following the feedback session, the Autism Hub facilitated games to create a relaxed atmosphere and promote social interaction. Participants thoroughly enjoyed these activities, which helped to foster a sense of camaraderie and enjoyment.

The group's feedback reflects a strong desire for community and mutual support. By providing a space where participants feel less isolated and more connected, the Autism Hub is addressing a critical need for social support among autistic youth.

The initial insights gained from this pilot session will inform the ongoing development of the youth group. Ensuring that activities and logistics align with participant preferences will be key to the group's continued success and growth. The launch of the pilot Autistic Youth Group in April was a significant step towards understanding and meeting the needs of autistic youth.



AUTISTIC PRIDE EVENT

Autistic Pride Day is a pride celebration for autistic people held annually, recognising the importance of pride for autistic people. It is an opportunity to come together as a community, share our experiences, and support each other and help raise awareness about autism and promote inclusion of autistic people in society.

The aim of the Autistic Pride Event was to bring the Hub's clients together, celebrating each of their unique identities and the diversity of the human experience, embracing differences, promoting understanding, and making the world a more accepting and inclusive place for everyone. The Hub hosted the event at the Edgmond Village Hall, in a more remote location, as opposed to somewhere central in Telford. This choice was purely a change a scenery for clients, but to enhance more independence, and expand the Hub's repertoire of locations, and promote the service further.

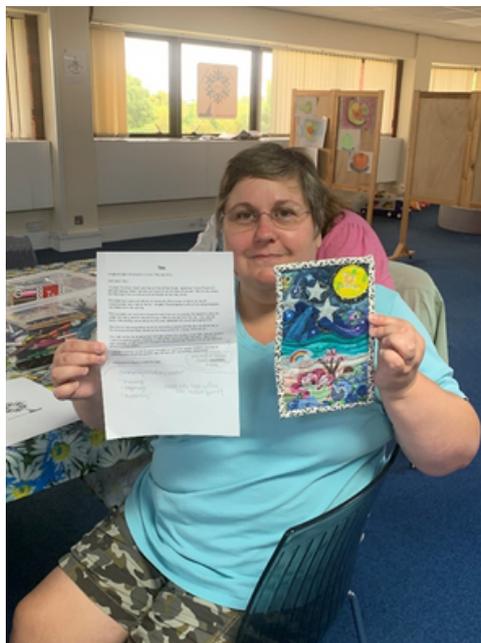
The Hub asked clients to come dressed in colourful attire to coincide with the theme of the event and be able to express themselves freely. There was a creative activity organised for the occasion, which was for clients to create bunting, to demonstrate what being autistic means to them and celebrate each other's differences. The clients were asked to decorate cupcakes using icing sourced from the Madeley Wellbeing Café to create autistic pride themed toppings. These activities were an engaging way for clients to be their authentic selves, as many of our clients have an artistic flair.



WESTON PARK ART EXHIBITION

During the month of November, the Adults Autism Hub, one of many projects within Telford and Wrekin CVS had been invited to exhibit Artwork that their beneficiaries have created. The Art Exhibition will take place in the Rose Patterson Gallery at Weston Park from Friday 1st November until Thursday 28th November 2024. The gallery was open daily from 11am until 4pm free of charge to the public.

The Hub asked registered clients to create Art centered around their response to Telford and Wrekin CVS values: Involving, Inspiring and Supporting. The Hub have stated that they would like clients to incorporate the theme of nature as an underlying component of their work as well – if possible. Artwork can be expressed through a variety of mediums; paintings, crocheting, photography, poetry to name a few.



The Hub held an initial meeting with clients in which the group discussed the theme of ‘nature’ and it was suggested interpreting this as, ‘the nature of the group’, or ‘the nature of a person’ – linking to personal identity – personal interests and stories. By allowing participants to create individual pieces based on personal ‘nature themed’ project ideas demonstrate the link to the CVS message of ‘supporting’, ‘involving’ and ‘inspiring’. It was also suggested that each participant could write a say a response to these words in relation to their experience of the project and this could be captured and displayed in an artwork.

The Hub arranged a follow-up session for clients who were unable to attend the previous meeting, and this was an opportunity for clients to discuss their ideas, concepts and visions, bring along any artwork they would like to do, as well as sharing their own artwork, explore the work of renown autistic artists and further discussion around the CVS values and what they mean to clients. The Hub held the session in the evening to expand their offer of daytime and evening social gatherings and allow clients to have the opportunity to attend the sessions and work these around their own personal schedules.

Here are some of the pieces that the Hub's clients created for the Weston Park Art Exhibition around their response to Telford and Wrekin CVS values: Involving, Inspiring and Supporting which incorporate the theme of nature as an underlying component



Two penguins standing on a white surface, facing each other.



A single penguin standing on a white surface, facing forward.



Three penguins standing on a white surface.



Four penguins standing in a line on a white surface.



A penguin standing on a white surface, with its body filled with a dense, intricate pattern of small black lines.



Four penguins standing in a line on a white surface.





DOTHILL NATURE RESERVE WELLNESS WALK AND PICNIC

The Hub arranged a Wellness Walk and Picnic at the Dothill Local Nature Reserve, which was attended by 14 clients who all brought along their own packed lunch, and appropriate clothing as the weather was humid, sunny and sweltering. The Hub arranged for volunteers from the Friends of the Dothill Local Nature Reserve to attend the Wellness Walk and give the clients a guided tour of the reserve and an encyclopaedic knowledge of the history of the Dothill constituency.

The Friends of Dothill Local Nature Reserve are an extremely active group, working in partnership with Telford & Wrekin Council, Wellington Town Council and Shropshire Wildlife Trust in implementing the area's Conservation Management Plan. The group is made up entirely of volunteers who undertake a range of activities including the removal of bramble, reedmace and Himalayan Balsam, coppicing, hedge laying, path tidying and litter picking. They are also involved in wildlife surveys and recording valuable data of species present on the site.

The committee of elected members, which meets on a monthly basis, oversees this activity - planning tasks for the weekly work parties, looking out for health & safety matters and the wellbeing of volunteers, and managing and monitoring the various habitats of the Reserve for the benefit of its users and its biodiversity. The Hub met with clients outside of the Dothill Primary School and greeted two volunteers; Keith and Fiona from the Friends of Dothill Local Nature Reserve, who guided the Hub staff and clients firstly to the park to deliver a talk on the history of the former Dothill Manor House which was positioned on the grounds of the playground.

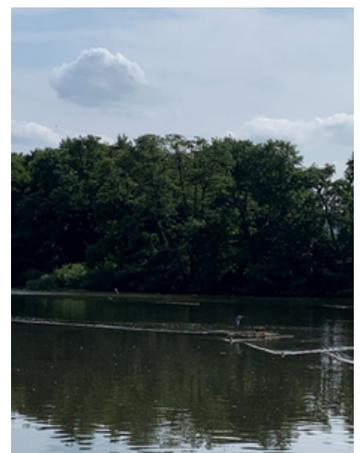
The volunteers then took the staff and clients to an embankment which overlooks the Tee Lake, and explained to them how the lake was developed into a theme park with frequent water sports including sculling, swimming and water jousting. A large boathouse and amphitheatre were built at the south end and earth mounds were constructed on each side so the park workers could enjoy the spectacle.

The volunteers spoke to the Hub staff and clients about the Nature Reserve's 50 Tree Trail, a trail which spans 3.4 miles over gentle terrain, in celebration of Telford's 50th anniversary in 2018.

The group made their way to the side of the lake where the volunteers informed the Hub staff and clients of the outstanding work that the Friends of the Dothill Local Nature Reserve carry out. They meet for a couple of hours every Tuesday and stated that volunteers can do as much or as little as they like, and there is no pressure on anyone to do anything they don't want to do.

The benefits of volunteering are fresh air, exercise, getting involved in Nature which can be hugely beneficial for one's wellbeing, meeting new people, helping to develop and protect the green space for the local community and visitors, learn new skills and discover the flora and fauna living in the various habitats on the Reserve. The Hub identifies that some of these benefits would work well in the favour of the clients, and that there is an invaluable opportunity for someone who accesses the Hub to become a volunteer with the Friends of the Dothill Local Nature Reserve, which would allow them to gain social skills, confidence building and an insightful knowledge of the work that is conducted on the Nature Reserve.

This social gathering was an exceptional opportunity for clients to engage with the practises of the Nature Reserve, gain an insight into the dedicated work of the volunteers, and learn about the species that live across the reserve. There was a real sense of rapport amongst the clients, staff and volunteers, as the guided tour made the walk more educational and knowledgeable.



BARMOUTH TRIP

The Barmouth trip organised by the Telford Autism Hub was a resounding success, despite the challenging weather conditions. The event provided participants with a day filled with enjoyable activities, social interaction, and the comfort of a supportive environment.

Participants gathered along the beach to enjoy packed lunches prepared in collaboration with the Madeley Wellbeing Café. This partnership not only provided delicious meals but also supported local services within the CVS network.

Beach Activities: Many attendees engaged in various activities, such as crabbing, where groups attempted to catch crabs along the shoreline.

These activities fostered camaraderie and provided a fun, hands-on experience.

To ensure everyone felt comfortable, the Autism Hub team offered a unique support option. A staff member was stationed on the coach at regular intervals (every hour on the hour) to assist anyone who felt isolated or needed help. This provided reassurance to participants, knowing that support was readily available.

When the weather worsened, a large group took refuge in a beautifully converted church, enjoying coffee together. This unexpected turn of events became a highlight, offering a warm, cosy environment for socialising. Following the coffee break, the group indulged in the traditional Barmouth fish and chips, which was met with great enthusiasm. The experience added to the day's enjoyment and cultural immersion.

After lunch, participants were free to explore on their own. Some chose to brave the weather and visit the beach, while others pursued personal interests, demonstrating the flexibility and independence encouraged by the Hub.

“Have time out of the normal routine and change of scenery with people we know and feel safe with”

“A really fun day out”

The hub would like to thank the Wellington Rotary for their kind donation which enabled us to offer this affordable trip.



If you would like to attend any of our social events, feel free to contact us directly on 01952 916109 or email us at admin@telfordautismhub.org.uk to book a place.

AUTISM NEWS/ARTICLES

AUTISM ASSESSMENT WAITING TIMES

BY NATIONAL AUTISTIC SOCIETY

As of June 2024, 187,567 people were waiting for an autism assessment in England, new latest NHS data has revealed. This is a 22% increase in the number of people waiting in just one year.

NICE (National Institute for Health and Care Excellence) guidance states that no-one should wait longer than 13 weeks for initial contact. But this data shows that of those waiting for an assessment, 87% (163,666) have been waiting longer than the recommended 13 weeks.

The National Autistic Society is calling on the Government to urgently address the growing autism diagnosis crisis and to immediately invest in rolling out diagnosis services.

An autism diagnosis is vital to getting the right help and support. An autism assessment can be the first step to understanding people's needs and although they shouldn't be, people are often told they can't get support without a diagnosis. Without a diagnosis many people struggle at school, work or home, develop mental health problems like anxiety or depression - and in some cases end up in crisis or even in hospital.

Please remember that support can be accessed for your local hub at any point of your wait.



GUIDE FOR REASONABLE ADJUSTMENTS AND ADAPTATIONS IN RENTAL HOUSING

BY NATIONAL AUTISTIC SOCIETY

Everyone should be able to access housing that can meet their needs and facilitate the right to enjoy life independently in the community. However, too often autistic people can find themselves living in housing which is inaccessible. This can have negative consequences for life satisfaction and lead to a decline in mental wellbeing.

This may be particularly true in the private and social rental sectors, where homes are often designed to appeal to the non-autistic population. Despite this, it is possible for rental homes to be made more accessible to autistic people through reasonable adjustments and adaptations.

As part of the Voluntary, Community and Social Enterprise (VCSE) Health and Wellbeing Alliance, the National Autistic Society has created a user guide to help autistic people better understand their rights and think about the reasonable adjustments or adaptations that may work for them when renting a home.

You can find a link to the guide here:

<https://www.autism.org.uk/what-we-do/news/guide-for-reasonable-adjustments-and-adaptations>

FEEDBACK

As part of our ongoing service development, we are asking for feedback on your experiences of the Telford Autism Hub. Providing feedback not only gives you the opportunity to say what is working well but can also let us know where improvements can be made to further develop our hub and meet family's needs.

Please can you take a few minutes to answer some questions for us. We really do value your feedback.

<https://forms.office.com/Pages/ResponsePage.aspx?id=vvhnBQJflkWOjxAVprfciMsqj49RgoJKtyDvMmHj-XpURFFSV1FLTERBRkNCQ0Q5Q1FPT01RTkJWNy4u&origin=Invitation&channel=0>



AUTISM AND CHRISTMAS!

BY SAM BARRETT



There. I said it. The 'C' word has been spoken. The world seems to go (even more crazy) and panic buying ensues! Do we have enough pigs in blankets? Get those halls decked! We are constantly told that Christmas is the best time of year and excitement reaches a fever pitch! But what if we are Autistic?

Let's be honest, Christmas is tough. From a sensory perspective it is at best annoying and at worst disruptive and invasive. Lights everywhere, smells that infiltrate everything (more cinnamon anyone?) and the people? Oh my gosh the people! From a structure perspective...what structure? We must be everywhere for everyone and can very quickly find ourselves overwhelmed and overanxious in a time when we are expected to be merry.

So how can we enjoy the festive season AND prioritise our own needs?

First and foremost, I want you to be kind to yourself this Christmas. Self-advocacy is the number one thing you can do for you.

- Don't feel pressured into doing things just because it is what other people do (or what others expect you to do)
- If possible, plan your Christmas in advance with friends, family and support services and share those plans so you know what you will be doing and when. (visual timetables/calendars/now and then boards) – include the whole festive period, not just Christmas day.
- Plan for sensory difficulties that could cause discomfort or distress consider ear defenders or Loops (other ear buds are available) consider sunglasses to ease visual discomfort (embrace your inner rock star!)
- Have a quiet space planned – a Christmas free space that you can escape should you need it.
- Introduce Christmas gradually. For example, put a few decorations up at a time and add to them over a period. Decorate the tree one day but turn the lights on the next day.
- Make a list of present ideas and share this with friends and family. If you find surprises difficult, tell people this. Let people know if you want your presents wrapped or not.

For more information and advice, please go to:

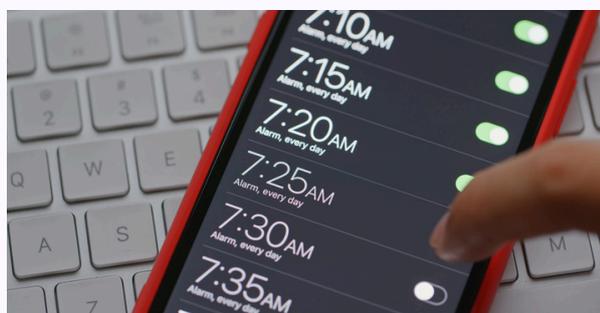
<https://autism.org.uk/advice-and-guidance/professional-practice/christmas-resources>

Wishing you all a restful and peaceful festive period.

ONE TO ONE APPOINTMENTS

BY SAM BARRETT

Just a quick note regarding appointments. If you are unable to make a 1:1 appointment with me, please let the hub know in advance. Over the summer months there was a significant upturn in appointment no shows and this, naturally has an impact on waiting times to access 1:1 information advice and guidance appointments. We understand that it can be difficult to remember appointments, particularly when they are made a few weeks in advance, so please consider taking some steps to aid with this.



WHAT'S ON?

Introducing our new What's On feature which gives you an insight into many of the social engagements organised by Telford and Wrekin CVS services, all taking place in the heart of the local community of Telford and Wrekin!

Wellbeing
MADELEY
COMMUNITY
CAFE

32 HIGH STREET, MADELEY, TELFORD, TF7 5AR

01952 916033

WE'RE OPEN

Monday - 9.00am-2.30pm
Tuesday - 9.00am-2.30pm
Wednesday - 9.00am-2.30pm
Thursday - 9.00am-2.30pm
Friday - 9.00am-2.30pm

Our Wellbeing cafe is a community cafe providing a safe environment for people to access;
A varied menu at low cost
Information, advice and guidance on health and social care related questions
A training kitchen for community groups
Bespoke volunteer placement for people furthest away from employment
A space free of charge to set up/ facilitate a community group
Free WIFI with power points available
Event hire and outside catering with evening and weekend availability

Pre-order your Lunch with us;
FREE delivery to Madeley High street when paying cash
Call or email to- community.cafe@tandwcvcs.org.uk once received confirmation your order will be with at you/ ready for collection at your chosen time.

 FOLLOW OUR FACEBOOK FOR DAILY UPDATES AND UPCOMING EVENTS

TELFORD CHILDREN'S AUTISM HUB

Our Children's Autism Hub is open to all children and young people aged 0-18 years and their families, who have a diagnosis of Autism. To access our Children's Autism Hub you need to be a resident of Telford and Wrekin. For more information, please go to our website : <https://www.telfordautismhub.org.uk/childrens-autism-hub>

 13th January - Day 30th January - Evening 10th February - Day February - Evening TBC 11th March - Day 27th March - Evening Times - TBC	 4.00pm - 5.00pm 21st January 18th March	 5.00pm - 6.30pm 9th January 6th February 6th March
 5.00pm - 6.30pm 2025 Dates TBC	 5.30pm - 6.30pm 28th January February TBC March TBC	
 10.00am - 12.30pm 15th January 30th April Free Autism Champion training for businesses	 There will be two sessions per date: 4.00pm - 5.00pm & 5.15pm - 6.30pm 6th January 20th January 3rd February 17th February 3rd March 17th March 31st March	

SOUTHWATER LIBRARY

TELFORD CHILDREN'S AUTISM HUB

Drop in at Southwater Library.
Provided by Strengthening Families and Dandelion Peer Parent support

Wednesday 15th January 2025
Wednesday 12th February 2025
Wednesday 12th March 2025
9.30am-11am

SENDIASS and Telford Children's Autism Hub are joining the Drop in on the above dates..
Please drop by to get information, advice and support

SENDIASS BITESIZE SESSIONS

Come and join in one of our sessions to build your knowledge and understanding of the special educational needs processes in early years, schools & post 16

DATE:
WEDNESDAY 15TH JANUARY 5-6.30PM (MS TEAMS)

THURSDAY 30TH JANUARY 10AM-12PM (HAZLEDINE HOUSE)

THE SESSION WILL COVER THE FOLLOWING:
GRADUATED RESPONSE - ASSESS, PLAN, DO, REVIEW
SCHOOL SEND OFFER
LOCAL OFFER
THERE WILL BE AN OPPORTUNITY FOR YOU TO ASK ANY QUESTIONS

TO FIND OUT MORE INFORMATION & TO BOOK A PLACE
PLEASE CALL
01952 457176
OR
EMAIL
INFO@IASS.ORG.UK



SENDIASS JANUARY 2025 We are here.....



9am-11.30am

Monday 13th January
Donnington Community Hub, TF2 7PR
30 min information session
(pre-bookable appointments only)

5pm-6.30pm

Wednesday 15th January
MS Teams
SEN Bitesize Sessions

9.30am-11am

Wednesday 15th January
Southwater Library,
Drop in with The Dandelion Parent Group and Family Hubs

12pm-3pm

Tuesday 21st January
Lawley Community Hub
(Drop in and pre-bookable)

10am-1pm

Wednesday 22nd January
The Anstice, Madeley Library
TF7 5BD
Drop in event

10am-12pm

Wednesday 30th January
Hazeldine House
TF3 4JL
SEN Bitesize Session

For further information or if you want to book on to a Bitesize session or 30 minute information session please call us on 01952 457176 or email: info@iass.org.uk



LAWLEY COMMUNITY HUB (VILLAGE SQUARE, LAWLEY)



FREE PARKING AT MORRISONS

Find out about:
Graduated Response - Assess, Plan, Do, Review
School SEND offer
Local offer
EHCP
Sen Support and more...

Tuesday 21st January 2025, 12pm-3pm

Drop in and bookable appointments

Thursday 27th February 2025, 9am-11.30am

SEN Bitesize Session
(pre bookable only)

For further advice, information or support please call us 01952 457176 or email info@iass.org.uk



Lawley Partnership Board



TELFORD CHILDREN'S AUTISM HUB

Telford & Wrekin SENDIASS (Special Educational Needs & Disability, Information Advice & Support Service) & Telford Children's Autism Hub are holding a drop in session where they will be able to answer your questions.



Join us at **The Hub Newport**
139 High St, Newport
TF10 7BH

- Thursday 12th September 2024 12.30pm - 2.30 pm
- Thursday 12th December 2024 12.30pm - 2.30pm
- Thursday 20th February 2025 12.30pm - 2.30pm
- Thursday 22nd May 2025 12.30pm - 2.30pm



If you have any questions relating to your child's educational needs or around their autism diagnosis, please drop in and chat to our friendly team

SENDIASS is a free, confidential service that offers impartial information, advice and support to families of children and young people with special educational needs or disabilities, and young people themselves .



Telford Children's Autism Hub supports families who have children under 18 years old with a formal diagnosis of Autism.

01952 262062
childrensautism@tandwcvcs.org.uk

01952 457176
info@iass.org.uk

A project of Telford & Wrekin CVS

Suite 12 & 15 Hazledine House, Central Square, Telford Centre, Telford, TF3 4JL



OUR RECIPE RECOMMENDATION



TWO-HOUR ROAST DINNER FOR THREE

To make when: you need to serve your relatives - traditionally, this is made for a Sunday afternoon in the UK; you are hosting a friendly gathering; you are serving people Christmas dinner.



INGREDIENTS

1 head of broccoli
6 carrots
15 potatoes in varying sizes
1 leg of lamb
1 packet of rock salt (you will only need a little)
1 bag of plain flour/all-purpose flour (you will need 2 tablespoons of this)
½ packet of cheese of your choice (cannot be an alternative cheese)
Milk (approximately 250 millilitres)
1 jar of goose fat (or olive oil as an alternative, you will need enough to drizzle on the lamb and potatoes)

EQUIPMENT YOU WILL NEED:

2 chopping boards
2 chopping knives
1 potato peeler
1 cheese grater
1 serving bowl
1 measuring jug
1 large baking tray
2 large saucepans
1 silicone or wooden spoon
1 kettle
1 small saucepan
1 small baking tray

HOW TO MAKE Pre-preparation

Use the chopping board and knife to cut the broccoli in half. Next, roughly chop off the broccoli florets of one of the halves; set aside for later. Peel the carrots and chop into small circles. Peel the potatoes and cut into large chunks of a similar size. Grate the cheese into the serving bowl and set aside for later. Cut off half the broccoli by using the chopping board and knife. Measure 100 millilitres of milk in the measuring jug.

Method

- 1) Heat your oven to the temperature given in the instructions on the packaging of the leg of lamb. Put the leg of lamb on the large baking tray; cover all over by drizzling the olive oil. Sprinkle a small amount of rock salt across. Put into the oven to cook as per the instructions.
- 2) Put the peeled potatoes in one of the smaller saucepans. Fill with cold water until all are submerged and sprinkle with rock salt. Allow to sit for 30 minutes.
- 3) In a separate saucepan, add the flour, cheese and a pinch of salt. Add the milk gradually. Stir with the silicone or wooden spoon until thick to create the sauce for the cheese sauce. Once that's done - it takes a few minutes - allow to simmer.
- 4) Put the carrots and broccoli pieces into the other pan. Fill with boiling water from the kettle until all are submerged and begin to heat up over the hob; allow them to simmer for the moment.
- 5) Back to the potatoes. Put on the final baking tray; cover with salt and optionally goose fat. Put in the hot oven and cook until golden brown.
- 6) Back to the vegetables. Boil until they are all soft and can easily be cut up; you can test this with a knife and fork. This can take 5 minutes.
- 7) Take the lamb out and carve up once cooked; add the potatoes to your serving plate. When you add the vegetables to your plate, cover with the cheese sauce to finish off.

EXPAND YOUR REPERTOIRE

If you are feeling brave, you could angle the potatoes to be underneath the leg of lamb - enough so that the fat from the meat drips down. If you would like to recreate this for a Christmas dinner, you could add things such as pigs in blankets, boiled/buttered leeks, peas and sweetcorn - even sauces such as mint or cranberry.

DIRECTORY FOR USEFUL LOCAL SERVICES

Information and Advice

This is a list we have compiled as a service which we feel may be of benefit to you if you feel you require any further support.

Age UK - 01952 200010

Anti-Social Behaviour Team - 01952 384384

Job Box - 01952 382888

Telford Job Centre - 0800 169 0190

Stonewall (LGBTQ+ Advice) 0800 050 2020

Independent Living Centre (ILC) - 01952 457181

Children's Autism Hub - 01952 262062

All Ages Carers Centre - 01952 240209

Wellbeing Independence Partnership (WIP) - 01952 916030
(First point of contact for enquiries relating to adult social care)

SENDIASS - 01952 457176

PODS - 01952 458047 (Support families who have a child with a disability or additional need (aged 0 – 25 years))

Shropshire Youth Support Trust (SYST) - 01952 299214 (provide a range of support services for young people in Shropshire that are between the ages of 16-30)

Finance

Telford and Wrekin Council Tax Benefit Support
- 01952 383838

Citizen's Advice Bureau - 01952 567193

Housing

The Wrekin Housing Trust - 01952 217100

Thrive - 01952 504325

YMCA (Supported Accommodation Service)
- 01952 400401

Maninplace - 01952 248248

Reviive - 01743 588458 (Affordable Furniture)

Advocacy Services

POhWER - 0300 456 2370

VoiceAbility - 0300 303 1660

Taking Part - 01743 363399

Health & Wellbeing

Telford and Wrekin IAPT - 01952 457415

ACCESS Team - 0808 196 4501 (Mental Health Support)

MIND - 07434 869248

Family Connect - 01952 385385
Option 1 - Children
Option 3 - Adults

Crisis Support (Telford Food Bank) - 01952 586646

24 Hour Domestic Abuse Helpline - Text 85258

Samaritans - 01952 256161

Healthy Lifestyles Team - 01952 382582

WHERE TO FIND US

Telford Autism Hub, Telford & Wrekin CVS

Suites 12 - 15 Hazledine House

Central Square

Telford Centre

Telford

Shropshire

TF3 4JL



We are located between Little Dessert Shop and the Independent Living Centre, opposite the Thomas Botfield Wetherspoons. Upon entering Hazledine House, you will take the stairs/lift up to the 2nd floor.

Facing away from the stairs, the CVS reception will be on your right and the Family Zone will be on your left.



CONTACT US

Telephone - **01952 916109**



Please note - our phone lines are open 9:30 - 13:00, Mon to Fri.

For emergencies, please contact **0808 196 4501**.

Email -



admin@telfordautismhub.org.uk (general enquiries)

asd.telford@nhs.net (ASD Assessment enquiries)



Website -

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