



Autism West Midlands
Shropshire Family Service

autism
west midlands

What we will cover



Meet the team!



Who can use us?



What we do in Shropshire



A family's experience



How to get involved



Meet the team!

Kay Mayes
Community Service
Manager

Emma Hegenbarth
Assistant Manager

Nicola King
Autism Specialist
Advisor

Dawn Lewis
Autism Specialist
Advisor

Kerry McLafferty
Autism Specialist
Advisor

Who can use us?

**Families with children/young
people aged
0-18th birthday**

Who live in the Shropshire Council area

No diagnosis needed

No formal referral route/process

What we offer in Shropshire

Advice appointments

Support groups for
parents and teens

Training – online and
face-to-face

Family events and
activities

Teens Short Breaks
sessions

Advice Appointments



Advice about autism for parents/carers
Online, by phone or face-to-face



Explore and learn more about autism; how it affects your child, ways to support them, information, accessing assessment, connect with someone who understands



Online – book on events page of website
<https://autismwestmidlands.org.uk/events/>
Or email the team to book a phone or face-to-face appointment

Feedback from parents and carers

Thank you. You have really listened to my concerns and given me lots of useful suggestions

Thank you so much for taking the time to speak to me and for your advice it is very much appreciated

You don't know how much your call has helped me. You have made me feel supported already

Support groups



Online parents
and carers



Face-to-face for
parents and
carers “Coffee &
Chat”/Wellbeing
Walks



Online for teens

Feedback from parents and carers

I felt so alone before I joined the group. Everyone is so friendly and ready to suggest things to try

It's good to pop in and out, but when I miss a group I really notice it – it helps me feel less stressed

It is good to have a day time group so I can talk freely about my daughter without her hearing

Training for parents and carers



Online webinars – watch live or a replay

In-person – around the county

A wide range of topics – stand alone/series

Training “menu”

Rising To The Challenge
(series of 6 sessions)

Rising To The Challenge Early Years
(series of 6 sessions)

Stand alone topics

The logo for Autism West Midlands is a white circle on a purple square background. The word "autism" is written in a bold, lowercase, sans-serif font, and "west midlands" is written in a smaller, lowercase, sans-serif font below it.

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Rising to the Challenge online 2024

FREE!

Watch live or via link to a recording within 14 days

Optional live Teams session after each broadcast to explore the day's topic in more detail

Open to all – parents/carers/other family members, educators, TAs...

It's not too late to register!

<https://www.autismwestmidlands.org.uk/events/rising-to-the-challenge-series-of-6-webinars/>

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Rising to the Challenge

Summer 2024

10th May, 17th
May, 24th May,
7th June, 14th
June and 21st
June

9.30-10.30 am

Topics include:
Understanding Autism
Autism and Communication
Autism and Social Interaction
Autism and Sensory Differences
and more!

West Midlands Region

A free six session course for parents / carers who want a better understanding of their child's autism and to learn about strategies that may help and support them.
(Your child does not need to have an official diagnosis)

Each one-hour webinar is followed by an optional 'Teams' session to explore the day's presentation in more detail and ask questions. (11am - 12pm)

To book a place please visit: <https://autismwestmidlands.org.uk/events/>

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Rising to the Challenge Early Years



Understanding Autism

Autism and Supporting Social Communication

Autism and Sensory

Autism and Behaviour

Autism and Food

Autism and Toileting/Sleep

Rising to the Challenge Early Years



Face-to-face

- Shrewsbury Mondays starting 3rd June 2024
- <https://www.autismwestmidlands.org.uk/events/>



Online

- Starts Friday 15th November 2024
- <https://www.autismwestmidlands.org.uk/events/>

Stand alone sessions

- Understanding autism
- Understanding your autistic child
- How autistic people process information
- Autism and anxiety
- Autism and Girls
- Pathological demand avoidance (PDA)
- Autism and sensory differences
- Autism and the teenage brain
- And more!

The logo for Autism West Midlands features a large white circle on a purple background. The word "autism" is written in a bold, lowercase, dark blue font, and "west midlands" is written in a smaller, lowercase, dark blue font below it. To the left of the circle is a solid purple circle, and above it are several purple dashes of varying lengths and orientations, resembling a stylized sun or a cluster of stars.

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Feedback for our training...

- I'd like to say thank you so much for the training that you've been part of over the last 6 weeks. I've found it really informative and interesting. **Over the last 25 years as a teaching assistant this has been the best course** I've done and have looked forward to it every week. It has given me so much more awareness which will help with my own daughter and the children I support at work.
- I wish I had known these parenting strategies 10 years ago when she was just starting school.
- Thanks so much everyone. Really helpful and insightful. Great to share experiences and to know that you're not alone.
- Thank you so much for this it's given me a newfound appreciation for my daughter and how to help her
- I have lived with Autism/ADhd for many years now, but each week I have been able to take away something useful that I didn't know or haven't thought about. So thank you! Very interesting and helpful course.

The logo for Autism West Midlands is centered on the right side of the slide. It features the word "autism" in a large, bold, dark blue lowercase font, with the "i" having a dot. Below it, the words "west midlands" are written in a smaller, dark blue lowercase font. The text is enclosed within a thick, purple circular border. A small, light purple circle is attached to the top right of the main circle. At the bottom right, there are several short, curved, light purple dashes that resemble a stylized shadow or a decorative flourish.

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Shropshire Family Event

Friday 31st May
2024
10:30am - 12:30pm




Shropshire Hills
Discovery Centre



Come and join us for an adventure in the Shropshire Hills. A chance to meet other parent/carers in an inclusive environment, lots of outdoor space to explore. The event is supported by our team of Specialist Autism Advisors. Meeting at the Discovery Centre entrance at 10:30am.



Family events and activities

- To find out about our forthcoming events and how to book visit...
- <https://www.autismwestmidlands.org.uk/events/>

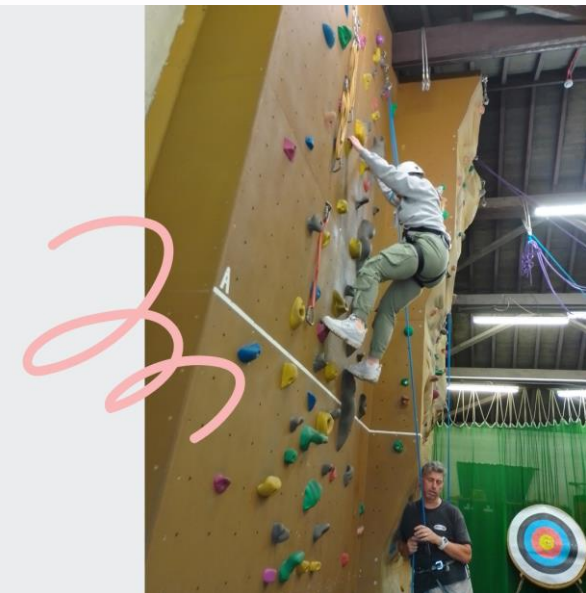
Feedback for our events...

- It gave us the confidence to go out further than we've been in a good while because we knew we would be supported
- The boys had great fun exploring somewhere new, and I felt confident to let them explore as it felt safe and there were clear physical boundaries to the space we were in.
- The children were relaxed and comfortable in your company, so had confidence to be themselves.
- It was great to meet you all today. We had a fabulous time. Thank you so much. Look forward to seeing you all again.

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Teens Short Breaks



autism west midlands Shropshire Council Actio

Shropshire Teens Nerdy Cafe

£7.50

Come and hang out with us at the NERDY Shrewsbury for a fun-filled afternoon! Whether you're into board games, video games, or just love hanging out, this is the place to be. Meet new friends, play games, and enjoy some tasty refreshments!

Date and Location
Thursday 30th May
12:30pm - 3:30pm

NERDY Shrewsbury
49 Mardol Shrewsbury SY1 1PP

Getting there
Pick up and drop off will be the Frankwell Quay Car Park to make it easier for parents and carers.



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Belle Vue Youth Club
Rocke Street Shrewsbury SY3 7PY

Shropshire Teens Belle Vue Youth Club & Cinema visit

Mon, 12 Feb 2024
10:30am - 2:30pm

This event is open to Shropshire teens (11-17) who have an 'All In - Short Breaks' number

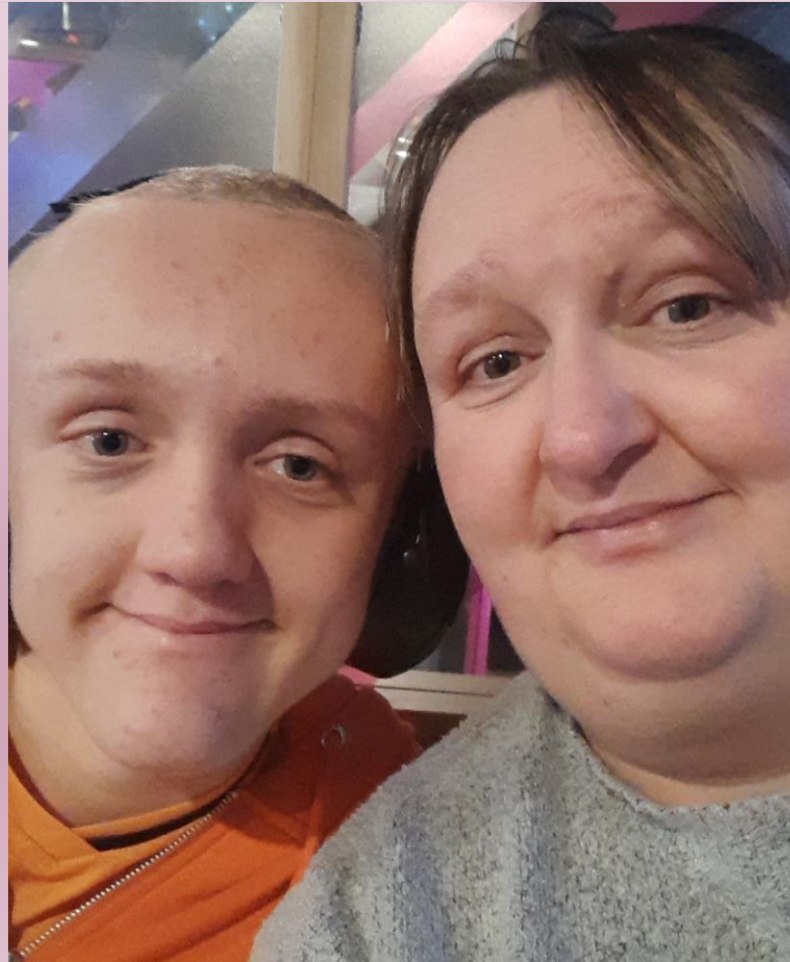
We will be meeting at the youth club for games/crafts and then we will take a 5 minute walk to the cinema to watch a film.

£12.50



A family's experience

- “Myself and Jack(15) moved to Shropshire in 2019 from Yorkshire. I was looking for activities to do and support with his needs when I found AWM online. I read about their teen days and online meets and contacted them. At first, I was apprehensive of what support I'd receive or how well we would fit into their groups but I'd need not have been as the team were fantastic and really helpful.”



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A family's experience

- Jack has joined in the monthly online teams meets and doing face-to-face activities in Shrewsbury youth club or trips to Carding Mill Valley and Attingham Park. Jack enjoyed sledging in carding Mill the best! Jacks first stay and play session he was so anxious he was sick . The staff were great and I stayed for a while to help settle him in. When I came back he'd had a fabulous time and made new friends. He was very encouraged to go back. The team are brilliant always happy and smiling welcoming they children as they arrive. We've met several members of the team all of whom are the same. I've had online team's meetings with Nicola to support me with issues in Jack's school and I found this really helpful to feel listened to and have someone who can guide me in ways I'd not heard of before. I have recommended AWM to several friends in the area and would encourage anyone to get in contact with the team.



How to get involved



Book an advice appointment

- www.autismwestmidlands.org.uk go to events page
- Or contact us directly (email/phone)



Email the team

- shropshire@autismwestmidlands.org.uk



Leave us a message

- 01952 454156

How to get involved



Find out about events

- <https://www.autismwestmidlands.org.uk/events/>



Sign-up for our newsletter

- Link at the bottom of every website page – or come and see us today!



Follow us on facebook