



# ASD Family Help

Autism & neurodiversity - embracing differences



Registered Charity No. 1135718

## Pembrokeshire Spring Term 25 and ongoing Events

Our Newsletter is a way of keeping you up to date with all our latest events, workshops and activities that are coming up in the Spring Term. Plus anything else that we feel is good news to share with you all.

### Dates for Spring Terms Parent Support Groups



**ASD Family Help**  
Parent/Carer Support Groups  
A safe place to talk, share and form new connections

Do you feel lost, lonely or isolated?

- Milford Haven - Youth Centre, Priory Rd**  
Wednesday 10am to 11.30am  
2nd Wednesday of the month
- Tenby - The Old Chapel Lower Frog Street**  
Monday 10am to 11.30am  
2nd Monday of the month
- Fishguard Glannau Gwaun school**  
Tuesday 9.30am to 11am  
3rd tuesday of the month TBC
- Haverfordwest - The Bull Inn**  
Tuesday 1pm to 2.30pm  
4th Tuesday of the month
- Pembroke Dock - Y Cerrig Glass**  
Monday Evenings 7pm to 9pm  
4th Monday of the month

**CRONFA GYMUNEDOL COMMUNITY FUND**

Please check our Facebook as dates may change from time to time

## Workshops

**Benefit Workshops** – If you are unsure what to you can claim for or how to claim this workshop is here to help you. If you are due to reclaim your DLA / PIP we are here to help and guide you on what to consider when writing your claim. Both our benefit officers have a great deal experience in understanding Autism/ ALN:

To book please click on link

**Tenby** 13th January 11.45am to 1.45pm <https://www.eventbrite.co.uk/e/1040873469567>

**Milford Haven** - Milford Haven Youth Centre 15<sup>th</sup> Jan 11.45am to 1.45am

<https://www.eventbrite.co.uk/e/1040867672227>

**Haverfordwest** - Fire station 21st Jan 9.45am to 11.45am

<https://www.eventbrite.co.uk/e/1040870741407>

**Pennar** - Pennar Hall 3<sup>rd</sup> Feb 9.45am to 11.45am <https://www.eventbrite.co.uk/e/1040881313027>

**Narberth** - Queens Hall 9.45am to 11.45am <https://www.eventbrite.co.uk/e/1056615849449>

Fishguard - TBC

**Sensory workshops and Sensory Toy Library** – A workshop looking at sensory processing difficulties - strategies/ ideas and looking at what you can borrow from the library that may help and support you and your young person.

To book please click on link

**Pembroke Dock Library** - 16<sup>th</sup> Jan 10.30 to 12 noon To book: <https://lu.ma/18mloh5w>

**Fishguard Library** - 20<sup>th</sup> Jan 1pm to 2.30pm

To book: <https://lu.ma/iv5wo73l>

**Milford Haven Library** - 25<sup>th</sup> Jan 10.30 to 12 noon **To book:** <https://lu.ma/tmoq6jv8>  
**Haverfordwest Library** - 28<sup>th</sup> Jan 10.30 to 12 noon **To book:** <https://lu.ma/s5e69x4x>

**Neurodivergent and a Picky Eater** – Some of our autistic/ALN young people can develop food selectivity, or what may be called “picky eating.” It is not uncommon for children to restrict their diets, to refuse to eat certain colours or textures, or be affected by the environment. This workshop will help to identify why eating can be difficult and look ways in helping our autistic children move forward with their eating. **18<sup>th</sup> Feb 9.45am to 12 noon. Haverfordwest Fire station** - To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/907701007147>

**FAMILIES MATTER WORKSHOP**– Raising and supporting a young autistic person or a child with additional learning needs (ALN) can be overwhelming, and have an impact on our finances, relationships and mental wellbeing. This course will look at relationships, being a carer, money matters, benefits, communication and wellbeing. It is a 5 week course starting: **23<sup>rd</sup> Jan 9.45am to 12 noon. Finishing 20<sup>th</sup> Feb 25. Fishguard – Glannau Gwaun School** book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/1058058033059>

### Identifying and Connecting with Autistic Young People -Pre and Post Assessment

This workshop aims to enable parent/carers to learn about autism and give them new skills and strategies in supporting their young person. **27<sup>th</sup> March 9.45am to 12 noon. Ysgol y Preseli.** To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/identifying-and-connecting-with-autistic-young-people-pembs-tickets-1097945647989>

### Autism/ALN Sensory Workshop -Pre and Post Assessment

This workshop aims to enable parent/carers to identify what is sensory processing difficulties and give them ideas and strategies to support their young people **19<sup>th</sup> March 9.45am to 12 noon. St Davids** To book please click on this Eventbrite link <https://www.eventbrite.co.uk/e/autism-aln-sensory-workshop-pre-and-post-assessment-pembs-tickets-1111538825549>

## Youth Clubs

Due to the great funding from the [#NationalLottery](#) We are continuing with our weekly youth clubs, term time only for Autistic /Neurodivergent / ALN young people.

**Teen Club** – Monday evenings at the Edge Youth Centre – Haverfordwest. Time: 6.45pm to 8pm.

**Primary Club** – Tuesday evenings at Johnston School 5.40pm to 6.40pm

Please contact Kim – [kim@asdfamilyhelp.org](mailto:kim@asdfamilyhelp.org) for more information or fill in the following booking form

<https://forms.office.com/e/0HX52phXVW>. We

do have a waiting list for both of these clubs, however it is still good to put your name down. Last term we had fun in the Meadow, the Police came to visit us, along with the Ice cream van and lots more exciting activities



**ASD Family Help**  
**PRIMARY CLUB**

For Autistic and Neurodivergent young people aged 5-11yrs

Parent/Carers are expected to stay and be responsible for their children

A social club to meet other young people in a support and inclusive environment

Johnston School  
Tuesdays Weekly - term time

5.40pm to 6.40pm £2.50 per session

To apply for a space please email [Kim@asdfamilyhelp.org](mailto:Kim@asdfamilyhelp.org)



**ASD Family Help**  
**TEEN CLUB**

For Autistic and Neurodivergent young people aged 11-18yrs

Siblings who are 11yrs plus are welcome. Parent/Carers are expected to stay and be responsible for their children

A social club to meet other teens in a support and inclusive environment

The Edge Centre  
Haverfordwest

Mondays, Weekly - term time

6.45pm to 8pm £2.50 per session

To apply for a space please email [Kim@asdfamilyhelp.org](mailto:Kim@asdfamilyhelp.org)

## Adult Social Group – The Bull Inn Function Room



A social group for autistic adults (18+) who require little or no supervision and are comfortable in a group setting. Their partners, friends or carers are also welcome. The group will meet once a month on a Wednesday evening between 6pm – 8pm. During the evening we do quiz's, offer arts and crafts, games to play and other months we play bingo. We now also have a quiet area for those who would just like to chat and make new connections.

For more information and to complete a registration form for booking, please email melissa: [melissa@asdfamilyhelp.org](mailto:melissa@asdfamilyhelp.org)

**ADULT SOCIAL GROUP**

**BINGO**  
**QUIZ!**  
**GAMES**  
**DARTS & POOL**

**MAKING NEW FRIENDS**

A social group for neurodivergent adults who require little or no supervision and are comfortable in a group setting. Their partners, friends or carers are welcome to attend if support is needed.

To join, learn more & book a place please email [melissa@asdfamilyhelp.org](mailto:melissa@asdfamilyhelp.org)

Monthly - Wednesday evenings 6pm to 8pm - At The Bull Inn function room (upstairs, lift available) Haverfordwest

CRONFA GYMUNEDOL COMMUNITY FUND

## Half Term and Easter Holidays

**Coach Trip to Barry Island Thursday 24<sup>th</sup> April - £5 per person** email Kim: [kim@asdfamilyhelp.org](mailto:kim@asdfamilyhelp.org)

**Easter Party Tuesday 15<sup>th</sup> April – Cost £3 per child**

Crundale Hall to book at place and more details - please email [Kim@asdfamilyhelp.org](mailto:Kim@asdfamilyhelp.org)

## Other News

The team has been working hard and have been meeting lots of young people/parent carers and other organisations. We have been having in house training making sure we are up to date with what is happening within the Neurodivergent community, along with safe guarding and other mandatory training



We were invited to attend Milford Haven Comprehensive School opening evening, and attended other events promoting who we are.



**Our Family Events** have all been well attended , we had to seek permission to show the Inside Out 2 film from Disney at the Torch Theatre at half term, we really appreciate their support in making it happen

**Christmas Party** – We had a wonderful Christmas party at the Johnston village hall, David the balloon man was great and made some great creations.





## Autism and Neurodivergent awareness day

We had a lovely day at our Autism and Neurodivergent event, held at the Pater Hall on the 6<sup>th</sup> Nov. Nearly 30 organisations were there to highlight their services and support. We offered two workshops for people to attend, some great healthy food run by Mary from the NHS and Pure West Radio joined us for the whole event to help promote this great event which was all about bringing the community together – Thank you to all that attended

Lisa, ASD family help benefits advisor



## Valero Charity of the Year 2024

Our time with Valero soon comes to an end, They have been hugely supportive and we have had such fun with them during the last year. We finished the year off with judging a TAR Tache Competition, held during lockdown. Attending the Pembroke Castle Christmas Market, along with them raising money for us through a Christmas raffle and a very tasty Cake Sell. We want to say thank you to Valero and their staff, for all their support, this means we can keep working with our local community doing all the extra lovely events and buy the equipment that we need.




## Other Local Donations Last Term.

We would like to thank all the local organisations who have kindly raised funds for us or have given us a donation and all those who have support us at these events. All the money goes towards running our local family holiday events and the activities run at our youth and adult groups, as well as 1-1 support for our autistic community and its families. We would like to thank..

The Help Charity Shop - Johnston Private Donations, Alex and Jodie for running the Cardiff half Marathon, Alumchine – Quiz night, and Admiral Life a large donations to replace our shed and enable us to purchase other items. We are so grateful to you all.

We also like to thank all those who have given us donations of toys and items for our hampers we raffled off at the Pembroke Castle Christmas Market

 **Helpline** – We have a telephone or video appointment helpline service, resources and strategies are sent to parents via email post appointment. We are also able to support with benefit applications.

Like our Facebook Page [ASD Family Help – Pembrokeshire](#)

Please contact Melissa if yo have any questions [melissa@asdfamilyhelp.org](mailto:melissa@asdfamilyhelp.org) or text/phone: 07384 733658