



ASD Family Help

Autism & neurodiversity - embracing differences



Registered Charity No. 1135718

Pembrokeshire Spring Post Half Term and ongoing Events March 25

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 next few weeks

Parent Support Groups



Workshops

Benefit Workshops – If you are unsure what 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

Fishguard – Phoenix Centre – Goodwick 9.45am to 11.45am to Book:

<https://www.eventbrite.co.uk/e/benefits-workshop-phoenix-centre-goodwick-fishguard-tickets-1215194602769>

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
12th March
- Tenby - The Old Chapel**
Lower Frog Street
Monday
10am to 11.30am
10th March
- Fishguard - Glanau Gwaun School**
Tuesday
9.30am to 11am
17th March
- Haverfordwest - The Bull Inn**
Tuesday
1pm to 2.30pm
25th March
- Pembroke Dock - Y Cerrig Glass**
Monday Evenings
7pm to 9pm
24th March

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ASD Family Help
27TH MARCH 25
9.45AM - 12NOON
IDENTIFYING AND CONNECTING WITH AUTISTIC YOUNG PEOPLE -PRE AND POST ASSESSMENT

Aims of the Workshop:

- To bring parents and carers together to enable them to learn new skills and share with others.
- To develop understanding of the nature of autism.
- To address concerns that may be encountered by parents/carers of individuals who are autistic.
- To provide practical strategies on a day to day basis

VENUE
YSGOR, YSGOL PRESELI SCHOOL
DIPWYLL, SAHENTDOL, SA41 3DA

FUNDED BY

TO BOOK CLICK ON LINK:
Identifying and Connecting with Autistic Young People - Pre and Post Assessment
Eventbrite tickets: <https://www.eventbrite.co.uk/e/identifying-and-connecting-with-autistic-young-people-pembs-tickets-1097945647989>

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. **27th 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 **19th 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>

ASD Family Help
19TH MARCH 25
9.45AM - 12NOON
AUTISM / ALN SENSORY WORKSHOP
PRE AND POST ASSESSMENT

This workshop focuses on understanding Sensory Processing and how it can affect our children with autism/ALN. Giving parents/carers ideas and strategies which will hopefully support children access the overwhelming environments they sometimes can face.


VENUE
YSGOR, PENRHYN DEWI ALAN CAMPUS, SOLVA
SA02 0TA

THIS WORKSHOP IS FREE

TO BOOK CLICK ON LINK:
<https://www.eventbrite.co.uk/e/autism-aln-sensory-workshop-pre-and-post-assessment-pembs-tickets-1111538825549>

FUNDED BY


1-1 Appointments for Those on the Neuro assessment waiting list



ASD Family Help
1-1 Support Pre Assessment

Are you waiting on the Neuro/ADHD Assessment waiting list to have an assessment for your child, and been waiting more than 1 year?
Are you unsure where to turn?
Have many questions around what does it all mean and how you can support/ help your young person?

Chat to our Staff and Volunteers




We have different venues and dates for you to drop in or make an appointment - Email melissa@asdfamilyhelp.org or Call 07384 733658





Call to Make an Appointment - Face to Face or Online

Funding has been allocated to allow us to offer several dates and venues across Pembrokeshire from now to the end of March.

We are here to support you and help make a difference while you wait for your child to be assessed.

 ASD Family Help - Pembrokeshire
For more details

- A safe and confidential space to talk.
- Get access to helpful referrals & resources.
- Find information about benefits and other help you may be entitled to.
- Answer questions and offer lots of great strategies to start to help you and your child


ASD Family Help
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Appointments available to meet up or chat online

February
27th Feb - Pembroke Dock - Pater Hall - 9.30am to 1pm

March
4th March - Haverfordwest - PAV's Offices 9.30am to 1pm
12th March - Milford Haven Youth Centre 11.30am to 2.45pm
17th March - Pembroke Dock - Pater Hall 9.30am to 1pm
26th March - Fishguard - 9.30am to 1pm
31st March - Tenby Learning centre - 9.30am to 1pm

Please be aware this services end 31st March. However you can still attend our Parent/Carer Coffee Groups






Easter Holidays



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YOU'RE INVITED TO

EASTER EGG HUNT PARTY

15th April 2:00pm - 3.30pm


CRUNDALE COMMUNITY HALL
SA62 4DF

EASTER EGG HUNT
EASTER ACTIVITIES
GAMES
PARTY FOOD

NUMBERS ARE LIMITED, TO BOOK:
PLEASE EMAIL KIM
KIM@ASDFAMILYHELP.ORG



Easter Party Tuesday 15th April – Cost £3 per child
Crundale Hall to book at place and more details - please email Kim@asdfamilyhelp.org

 **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 you have any questions melissa@asdfamilyhelp.org or text/phone: 07384 733658