

ASD Family Help

Registered Charity No. 1135718

Pembrokeshire Summer 24 Term and ongoing Events



Youth Clubs – Due to the great funding from the [#NationalLottery](#) We are continuing with our weekly youth clubs, term time only for 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 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.

The Teen club have been busy learning to cook, making pancakes, Welsh cakes, hot dogs and many more exciting things

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. This event is free to attend, there is a buffet, as we have had some funding from

Pembrokeshire Council for the next couple of months. During the evening we do quiz's, offer arts and crafts, games to play and other months we play bingo.



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

Dates for Summer Terms workshops and Parent Support Groups

With thanks to Valero and the National Lottery, and all its players we are able to run the following events next Summer Term.



Autism / ALN Anxiety Workshop – This workshop focuses on anxiety and how it can affect our autistic children pre and post a diagnosis. The workshop is aimed at parents / carers to enable them to share and by the end of the session have some strategies and resources on how to support their children with managing anxiety and their wellbeing. **25th April**

9.45am to 12 noon Haverfordwest Fire Station To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/852141667667>

Autism/ALN Behaviour Workshop – This workshop is for parents/carers with children who are on the Autistic Spectrum or ALN and are having difficulties managing certain behaviours / concerns at home. You will have a chance to share concerns and learn how best to support our young people with a therapeutic approach. **21st May 9.45am to 12 noon Torch Pembroke Dock Library**– To book please click on Eventbrite link <https://www.eventbrite.co.uk/e/852169781757>

Sleep Matters Workshop – This workshops looks at the stages of sleep, sleep issues / associations. The workshop will then go onto give you sleep strategies, tips and ideas **18th June 9.45am to 12 noon. Haverfordwest Fire Station** To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/852134917477>

Parent / Peer Support Groups for Parents/Carers



Milford Haven Bowl – Dates: 17th April, 8th May, 12th June, 10th July 10am to 12 noon

Y Cerrig Glas - Dates: 22nd April, 20th May, 24th June, 15th July 7pm to 9pm

Tenby -The Old Chapel Lower Frog Street - Dates: 15th April, 13th May, 10th June, 8th July 10am to 11.30am



Fishguard – The Royal Oak – Dates: 22nd April, 20th May, 24th June, 15th July 10.30am to 12 noon

NEW - Haverfordwest - The Bull Inn – Dates – Tuesdays 23rd April, 22nd May (change of day, just for May), 25th June, 16th July 1pm to 2.30pm.



Summer Holiday Events

Scolton Manor 29th July 2pm to 4pm - Treasure Hunt and Games email Kim:
kim@asdfamilyhelp.org

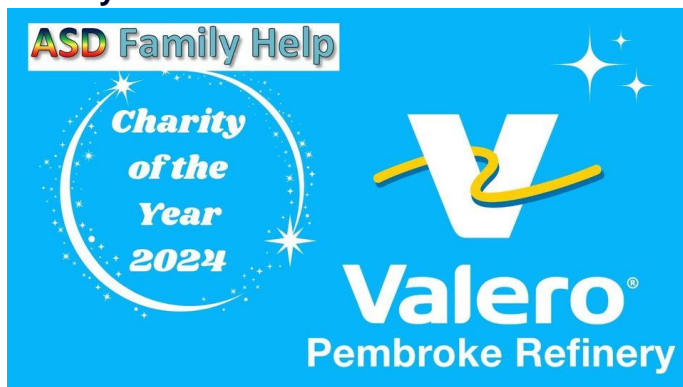
Great Wedlock Deer Park Dates and info to be confirmed please email Kim
kim@asdfamilyhelp.org

Swimming – The Meads Milford Haven £1.50 per session – Dates and info TBC

The Growing Wild Childrens Festival Dewslake Farm – 31st August - We will be there doing arts and crafts Camping and Day Tickets available
<https://www.facebook.com/GrowingWildFest>

Other News

Charity of the Year



We would like to send a huge thank you to Valero and all its staff for nominating us their Charity of the Year. We have already started to attend events arranged by Valero and we are excited to do more with them over the coming year. Thank you Valero for the money you have already donated to us – all of which has enabled us to buy more equipment, increase some staff



hours and offer more support to our local autism/neurodivergent community. Gong to be an exciting year partnering with you.

De-mystifying Autism Event 11th March 24



We were invited to be at the De-mystifying Autism Event put on by Pembrokeshire County Council. The day saw a great turn out and shared some really helpful information around the assessment process, where to get support and some great ideas / tips shared on the day

Other Local Donations

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.



Tesco's Blue Tokens –
Milford Haven April to June
24



Pembrokeshire
Council – Food
Poverty
Support



Labour Party Quiz night



Alex & Jodie are running the **Cardiff Half Marathon** and fundraising for us!



Hi, We want to raise money for ASD Family Help charity, they have supported us through many difficult times. Our son Thomas is non verbal waiting for an ASD assessment. The charity has helped us immensely through this challenging journey.


We would like to raise as much as we can to help other families that are going through the same as us

Thank you Jodie and Alex



If you would like to support Jodie and Alex here is a link to their just giving page

https://www.justgiving.com/page/jodie-pearce-1705773688728?utm_medium=fundraising&utm_content=page%2Fjodie-pearce-1705773688728&utm_source=copyLink&utm_campaign=pfp-share

 **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 or text/phone: 07384 733658