

ASD Family Help

Newspaper September 2016

The summer has sped past with all sort of activities going on at ASD Family Help, have a read through for stories, updates, as well as ways you can get more involved with the organisation.

3 Frogs Club

3 Frogs is a social group for adults (17+) on the Autistic Spectrum.

Coming up:

Adults coach day-trip to Winchester Christmas Market (usually the last Saturday or Sunday in November or the first in December - date & times to be confirmed by the end of September).

Great day out to get you in the spirit for Christmas. Please contact Theresa to book.

News:

We will be holding our first 3 Frogs Club steering group meeting on Thursday 15th September, at the 3 frogs pub, after dinner. We are thrilled to have some 3 frogs members volunteering to input into this group, but if any of our other adult members would like a say on future 3 Frogs Club activities then we welcome your comments. Huge thanks also to those that have completed their registration forms.

Day trip to Bournemouth

On Saturday 9th July our group of 27 boarded our Reading and Wokingham Coach for a day trip to Bournemouth. We arrived shortly after noon then split up into smaller groups to explore.

The day was a real success, with members enjoying range of new experiences.



On the way home we asked our members to share with us what they did during their time in Bournemouth. All the following things had been enjoyed: Lunch in a restaurant, visit the Pier, Beach, Oceanarium, Art Gallery, Museum, Gay Pride Event, Mini Golf and of course shopping.

3 Frogs Club, West Berks

This year we have expanded our 3 frogs activities to West Berkshire. We would love more members so please pass on details to anyone you know in the area.

The new club is usually held on the 4th Monday of the month, 6.30pm – 9.30pm.

Our 3frogs Club West Berks had their first steering group meeting on August 22nd and it was all about what we should do to celebrate Christmas, oh yes already!

For more details of the club please visit our Facebook page or email: 3frogswestberks@asdfamiyhep.org



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Taijutsu



Did you know we run Martial Arts sessions for children (aged 5 to 18) with ASD, associated learning difficulties and their siblings.

The sessions are run by Sensei Jim y from Reading Taijutsu with help from Jake, one of Jim's Taijutsu students who has experience working with ASD children. ASD Family Help staff are also present.

These sessions are very popular (so much so we are trying to fundraise to expand them), if you'd like to know more please contact Rachael

Family Coffee Morning at Woodley



We had some great summer holiday activities at our Drop in coffee morning:

Thomas the Tank Engine train set, Minecraft, animal masks, rockets, butterflies, cake decorating and we would

like to say a special thank you to PC Les from Thames Valley Police who bought in a police car and some equipment to show the children.

We would like to officially welcome our new volunteer Jan who joined us at the beginning of the summer hols and it feels like she has always been with us.

Anyone is welcome to attend the drop in sessions, to have a chat with staff, carers or have help with form filling or general advice. We look forward to seeing you soon.

Junior and family fun session

These are run monthly, after school and are a great place to come as a family, and spend time either playing on computer games relaxing in the ball pit or making craft items to mention just a few of things enjoyed. The sensory room is also popular.

Sessions advertised on the Web and Facebook or contact Rachael for more details.

Trip to Cadbury World

A very popular trip. All who went having a great time, bringing home samples as reminders of the day.



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Upcoming Events/Activities

We are looking for volunteers for the Santa Run with Wokingham, West Forest Round Table usually on the 1st Tuesday in December, 6pm-8pm, in Emmbrook. Exact date and time to be confirmed in October

We would love to expand our committee – this group of volunteers are vital to the charity – we will be publicising roles more soon, but if you have a bit of time to spare, and would like to get involved, we'd love to hear from you.

We would love to have a pool of volunteers to help us at events (manning a stand, shaking a tin, and talking to potential new families or volunteers). A few hours of your time every now and again could make a big difference.

If you would like to become a volunteer please contact Theresa for more information (let her know which things you may be interested in!). Contact details at the end of the newspaper

We will have a stand at the Wokingham Volunteer Recruitment Fair at The Bradbury Centre, Rose Street Methodist Church, Wokingham Town Centre on Saturday October 8th 10am-1pm – if you know anyone that might like to get involved send them our way!

We will have a stand at The CAN (Children with Additional Needs) Wokingham Day at St.Crispins Sports Centre on Saturday 1st October 11am-4pm Come along and visit us – there is plenty to see and do for all the family. Come and say Hello!

Contact Details

www.asdfamilyhelp.org

email: contact@asdfamilyhelp.org
or follow us on Facebook (ASD Family Help Group), Twitter or Instagram

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Thank You

We rely completely on fundraising and grants for all our activities. Thank you to those that have run fundraisers for us this term, and to the following grant givers for their support.

