

# ASD Family Help

Your local Autism Support Charity



Berkshire West

Join our new

Health &

## Well-Being Plan NOW!!

This could make a difference to you & your family and will give you lots of helpful information & support.

*Our aim (with NHS funding) is to support local families affected by autism; to improve their diet, exercise & access to health care.*

Follow 3 easy steps to join many other families in this new project.

### **Don't miss out!**

1. Complete the first survey.  
  
(It's anonymous, but records how families are doing before starting).  
  
(If you've already completed the first survey, skip this step)!
2. Now visit our website again, for all our useful information!
  - a. Download the monitoring forms (for personal use only) & use them to track your diet/exercise, doctor/dentist appointments etc.
  - b. Download our fantastic, easy to read information booklets to help you get started.
3. Email **Jayne** at [admin@asdfamilyhelp.org](mailto:admin@asdfamilyhelp.org) to tell us you are starting. Now you will receive support when needed & extra information, as it becomes available throughout the year.

All our survey's & downloads are found on our website, under the Health & Well-being tab! [www.asdfamilyhelp.org/healthandwellbeing.html](http://www.asdfamilyhelp.org/healthandwellbeing.html)

All we ask is that you join in to the best of your ability & track your progress.

😊 Let's see if we can make a difference!!! 😊