

# Autism Inclusive Newsletter – Dec 2020

## What have we been up to?

The rest of the country may have entered another lockdown, but we tried our best to remain open. Being both a charity and volunteer run, we're lucky to be exempt from the strictest restrictions. As long as we comply with the Covid regulations we can run the much-needed face to face activities. Our timetable was reduced for a time, but from the New Year you'll see that we've increased our support groups and added more activity sessions at the weekends for children and young adults.



If there's an event or a session that you'd like us to run, tell us! We're here to provide activities for you. Tell us your ideas; we've a suggestion box in our foyer or pop your request on an email, [contact@autisminclusive.org.uk](mailto:contact@autisminclusive.org.uk)



We've got a new number!



**01270 214 859**

If we're not available when you call, please leave a message and we'll call you back as soon as we can.

## Clothing Initiative Update

After the donations for our clothing initiative started pouring in, we soon realised that the space allocated for our shop area wasn't going to be big enough! From the New Year we'll be working hard to create a shop area near our main entrance, hopefully you'll be impressed and again we can't thank our community enough for their generosity. If you'd like to visit our shop, it's open during all of our groups and activity sessions, just ask a member of staff 😊



Our AI Kids had a blast during the October school holidays when we teamed up with Orbis Outdoor Adventures Ltd and Peak Indoor Climbing Centre in Audley. We were amazed at just how good (and brave) everyone was! Mick from Orbis is returning to AI with his MOBILE climbing wall on Saturday December 12<sup>th</sup>, head to our website to book on and brave the wall!



## Sensory Room, another one is coming very soon!

We're super pleased to announce that our sensory room is being installed by Rhino next week and will be available to rent for private use from January. We already have a rough and tumble space, so we're delighted to be able to offer TWO sensory rooms from January. Our second sensory room will be named after Alex Roberts-Miller, whose family have kindly donated the majority of funds needed. Ninety-minute time slots will be available on a Friday, and you must visit with people from your household OR people from your "linked household" for example a childminder with 2 or 3 children. Look out for more updates on how the rooms are developing and get in touch if you'd like to rent the space!



## Family Ties CIC



Join the ladies (and babies) at their Family First Drop-In session every Monday morning during term-time. Please contact Family Ties to book your space 😊

## SEND parent/carer group with RUBY'S FUND

We had a false start earlier in the year; we were hampered by Covid, but we're very happy to announce that from January you can join Ruby's Fund at Autism Inclusive on a Thursday afternoon every fortnight.

### Crewe SEND parents/carers group

Thursday fortnightly at Autism Inclusive

12.30-2.30pm

Jan: 7th & 21st

Feb: 4th & 18th

Join Steph, our Family Support Worker for a cuppa and a chat.

Sensory play available for children!

To book your place email [steph@rubysfund.co.uk](mailto:steph@rubysfund.co.uk)



Our Drop In is aimed at ALL parents/carers with little ones (birth to pre school). We all need a change of scenery, adult conversation, peer support, parenting advice and social opportunities! Especially during these challenging times.



## Family First Drop In

Alternate Mondays 9.30-11.30am @ Autism Inclusive, Green, Apollo Buckingham health and science campus, Crewe CW1 5DU



Our sessions offer you a relaxed and welcoming space for you and a stimulating and fun space for your little ones ❤️

\*Booking is essential due to COVID restrictions so please book via Facebook or DM 😊



We're now on Instagram!  
Follow us @autisminclusive

## Gaming Nights are a Success!

Our adult gaming nights have proved so popular since moving to our new setting that we've increased the session to WEEKLY! Run by volunteers Chris and Dominick in our dedicated gaming area, we've got a wide selection of the latest Xbox One games. If there's a game you fancy that we don't yet have, just mention it to Chris or Dom and we'll get right on it! Sessions run every Monday night from 6.30pm, and are £5.00 per gamer, just head to our website to book.

## Round and Round the Garden...



Plans are really coming together for our garden, and work should be finished in time for spring. A sensory garden, small allotment area, seating and a secured perimeter means that the garden will be the place to be next summer. If you're green-fingered and would like to help us transform the space, please get in touch!

## Workshops are Returning!

We had a great schedule of workshops booked during November... and then lockdown hit. We decided to postpone all workshops until the New Year, and we're very happy to announce that we've got a host of professionals coming to Autism Inclusive over the next few weeks. Smart Bright, Mick Rimmington and Andrew Whitehouse will be delivering a variety of workshops covering a range of topics. The ladies from Smart Bright are raring to go from January, please see a full list of their training sessions attached, and we'll be sharing information of other workshops very soon.



From January our *Evening Support Group* will be increasing from monthly to fortnightly. You'll be able to come along on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month, from 6.30pm.

## Have a group but nowhere to go?

Do you know somebody that could utilise our setting? Mums and Tots groups, book clubs... we can offer competitive room rates, please contact us to see if we've got availability.

## Reminder, How to Book

This year has been a strange time, and even without the challenges Covid has thrown at us, moving to a new setting has been a huge change. We've also changed the way our groups and activities are accessed. All sessions must be booked online through our website. We cannot thank you enough for sticking with us and embracing the "new normal".

If you've not booked before, it couldn't be easier... just head to the 'Events' section of our website and scroll until you see the session you'd like to book onto 😊



[www.autisminclusive.org.uk](http://www.autisminclusive.org.uk)

## ★ Smart Bright Young Things ★

We're teaming up with Smart Bright to offer a youth club for the over 12's. The monthly group will be drop-off and a fun-filled couple of hours. We'll be getting creative with arts and crafts, enjoying drama and films and much more. The first session will be Saturday 30<sup>th</sup> January, so get it in your diary and look out for further information in the next few weeks.

Did you know, we have both a Facebook page and a Facebook group? Both feature information about our events as well as other local services.

Page: @Autisminclusivenews

Group: "Autism Inclusive (closed group)"





## Smart Bright Training and Consultation

Where information is the route to success...

Informative, interactive, supportive & empowering training sessions for all family caregivers on a range of SEND Education & Sensory topics  
Call Karen & Sara on 07498 318692 smartbrighttraining@gmail.com

### SEND information workshops for Families at Autism Inclusive, Crewe

- January 5<sup>th</sup>. **SEN Support** – Find out what special educational needs (SEN) and quality first teaching mean and how these can work for your child. Leave feeling more confident and empowered to have discussions about educational support for your child with professionals involved.
- January 12<sup>th</sup>. **Understanding Education, Health and Care Plans (EHCPs)** – What are they, how to apply, what to expect and what you can do when things go wrong. A run through of the basics of EHC assessments and plans.
- January 19<sup>th</sup>. **Making Meetings work for you** – Frustrated you don't seem to be able to get your views heard or communicate as effectively as you would like to? Feeling anxious, overwhelmed or sometimes angry in meetings regarding your child? Top tips to help you feel more confident when meeting with professionals involved with your child.
- January 26<sup>th</sup>. **My anxious Child** – Sharing practical strategies to help create a calming and positive approach. Lots of hints and tips for home and to share with educational settings, covering reasonable adjustments for education and the pandemic.
- February 2<sup>nd</sup>. **ADHD- Not Naughty!** - We will discuss strategies and reasonable adjustments for home and school, what the law tells us in relation to this and what you can do if your child is at risk of exclusion.
- February 23<sup>rd</sup>. **Introduction to Sensory Processing** – Understand the different senses and the importance of these on our bodies, learn about sensory seeking and avoidance behaviours in children and strategies to support them.

## Christmas Closing

Autism Inclusive will be closed over the Christmas holidays.

Our last session will be the Weekly Support Session on the 16<sup>th</sup> December 2020.

We will be opening again on Monday the 4<sup>th</sup> January 2021.

