

# ASD Family Help

Registered Charity No. 1135718

## Pembrokeshire Spring Term Events

Cronfa Gymunedol Comic Relief yng Nghymru



FUNDED BY

ARIENNIR GAN



Comic Relief Community Fund in Wales

With thanks to Comic Relief Funding we are running our Sleep Matters workshops and Peer Support Groups dates for these events are:

**Sleep Matters workshops** 3 parts – 23<sup>rd</sup> and 30<sup>th</sup> Jan 23 6.30pm to 8.45pm Online To book on please click on Eventbrite Link: <https://www.eventbrite.co.uk/e/458551709507>

**Peer Support Group** – Focusing on Sleep support 13<sup>th</sup> Feb 6.30pm to 8.30pm Online to book on please click on Eventbrite link: <https://www.eventbrite.co.uk/e/458651568187>

**Sleep Matters workshops** 3 parts – 9<sup>th</sup> and 16<sup>th</sup> March 23 9.45am to 12 noon – Pembroke Dock To book on please click on Eventbrite Link: <https://www.eventbrite.co.uk/e/458599211587>

**Peer Support Group** – Focusing on Sleep support 30<sup>th</sup> March 10 to 12 noon Pembroke Dock – Drop In



The National Lottery Community Fund Wales awarded Pembrokeshire £348,900 over 5 years. With this grant we will be looking to employ new staff, continue to run workshops and peer support groups and now also set up family activities including Youth clubs for 5 – 11 yr olds and 12 to 18 yr olds.

## Dates for Spring Terms Workshops and Peer Support Groups

**Understanding Autism and Supporting Young People pre and post diagnosis** – This workshop aims to enable parent/carers to learn about autism and give them new skills and strategies in supporting their young person. **11<sup>th</sup> Jan 6.45pm to 9pm Online**. To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/238331996417>

**Understanding Autism and Anxiety pre and post diagnosis** – This workshop focuses on anxiety and how it can affect our autistic children. 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. **7<sup>th</sup> Feb 9.45am to 12 noon Milford Haven** To book please click on this Eventbrite link: <https://www.eventbrite.co.uk/e/458611789207>

**Supporting Autism and Behaviour pre and post diagnosis** – 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. **21<sup>st</sup> March 9.45am to 12 noon Haverfordwest** – To book please click on Eventbrite link: <https://www.eventbrite.co.uk/e/458618328767>



## Peer Support Groups

18<sup>th</sup> Jan 10am to 12 noon – **Milford Haven Bowl** – Drop in.

15<sup>th</sup> Feb 10am to 12 noon – **Milford Haven Bowl** – Drop in.

15<sup>th</sup> March 10am to 12 noon – **Milford Haven Bowl** – Drop in.

18<sup>th</sup> Jan, 15<sup>th</sup> Feb, 15<sup>th</sup> March 7pm to 9pm – **Pennar Golf Club** -Drop in



**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](mailto:melissa@asdfamilyhelp.org) or text/phone: 07384 733658