



## NEWSLETTER

FEBRUARY 2016 #028



### FEBRUARY 2016 SUPPORT GROUP DATES

The Avenue support group dates for February are Friday 5<sup>th</sup> February from 9.30am-11.30am, Tuesday 16<sup>th</sup> February from 12.30pm-2.30pm and Monday 22<sup>nd</sup> February from 6.30pm-7.30pm.

### VISITORS AT THE AVENUE

**Fri 5<sup>th</sup> Feb** – Darran Youell, Parent/Carer Support Worker at Carers in Beds will be offering one to one informal chats at this support group. Darran can offer practical, emotional and social support to the parent/carers as well as help with training, grants, form filling and tribunals/appeals. To find out more book a chat by emailing us at [theavenuesupport@outlook.com](mailto:theavenuesupport@outlook.com)

**Mon 22<sup>nd</sup> Feb** – The Avenue's Occupational Therapist, Sarah Hyde, will be available for one to one informal chats at this evening group and can offer our families invaluable help and support in areas such as fine and gross motor skills, handwriting, speech and language, sensory issues and emotional and behavioural needs. Spaces are very limited so please book your chat as soon as possible by emailing us at [theavenuesupport@outlook.com](mailto:theavenuesupport@outlook.com)

### HOLIDAY SUPPORT GROUP

On Tuesday 16<sup>th</sup> February from 12.30 pm to 2.30 pm we will have special activities for the children running alongside our usual support. Activities include jelly bean construction, sand art and mummy wraps. No need to pre-book - just pop along on the day. Parents must stay and supervise their children.

### FUTURE WORKSHOPS AT THE AVENUE

#### SENSORY NEEDS WORKSHOP

Monday 18<sup>th</sup> April 10am to 2.30pm

&

#### MANAGING ANGER WORKSHOP

Monday 23<sup>rd</sup> May 10am to 2.30pm.

Please see our website for full details and booking forms or enquire by email/at our support groups.

These workshops are only accessible to families who have a child under 18 years old diagnosed or awaiting a diagnosis of autism.

### Sibling Support

Sibs UK have recently updated their website with even more information on how parents can support siblings. Click on this link for more details: <https://www.sibs.org.uk/supporting-young-siblings/parents/>

### Kind Donations.....

THANK YOU to: Mr & Mrs Field who instead of sending Christmas cards out last year donated £50 and to Fawns Pre-School for their kind donation of £100.

**CAMHS Academic Unit** are holding a series of psycho-education lectures for parents throughout 2016 at The Beech Close Resource Centre in Dunstable. The lectures cover subjects such as tics, self harming, anxiety and Aspergers Syndrome. For a complete list of lectures please telephone 01582 707635 or email [dunstablefcc@elft.nhs.uk](mailto:dunstablefcc@elft.nhs.uk) A full list is also displayed on The Avenue's local news noticeboard at our support groups.

**AUTISM ANGELS** are offering FREE one to one taster mentoring session for parents with their children at their Hertfordshire base in February half term. The mentoring programme *is ideal for children and their families who are faced with challenging behaviours, conflicts in the home and struggles with education or mainstream structures.* For more information please contact Autism Angels direct by email: [infosouth@autismangels.co.uk](mailto:infosouth@autismangels.co.uk)

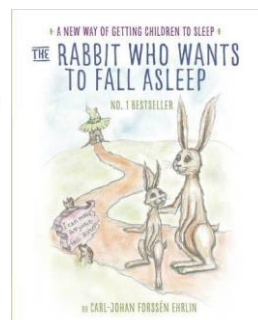


### Do you struggle to get your child to sleep?

If so, The Rabbit Who Wants to Fall Asleep: A New Way of Getting Children to Sleep by Carl-Johan Forssén Ehrlin could help.

This ground breaking No. 1 bestselling book aims to turn nightly bedtime battles into a loving and special end-of-day ritual. This child-tested, parent-approved story uses an innovative technique that brings a calm end to any child's day.

**We have a copy available to view at our support groups.**



**ALL THE AVENUE'S SUPPORT GROUPS AND WORKSHOPS/EVENTS ARE HELD AT THE PENTECOSTAL CHURCH, CRAB LANE, BIGGLESWADE SG18 0LN \*UNLESS OTHERWISE STATED**



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