



**JANUARY 2016 SUPPORT GROUP DATES**

The Avenue support group dates for January are Tuesday 19<sup>th</sup> January from 12.30pm-2.30pm and Monday 25<sup>th</sup> January from 6.30pm-7.30pm.

**Donations**

Thank you to everyone who bought tickets in our Christmas raffle. We raised £38, which will go towards the running costs of our support groups in 2016.

Special thanks to Mrs K Norton who donated £100.

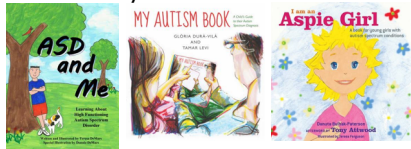
**Schools' Autism Awareness Week**

The National Autistic Society is running the first Schools' Autism Awareness Week from 14-18 March 2016. Tell your child's school to go to <http://www.autism.org.uk> and download a free pack of materials to be used in the classroom/assembly.



**New books at the groups**

We have recently bought 3 new books that are on display at the support groups to help explain your child's ASD diagnosis to them. They are easy to read and have lots of discussion points to use with your children.



**Autism Beds** Parent & Carer training, which includes topics such as communication, sleep problems and anxiety begins on Tuesday 26 January at The Hub at Ivel Valley School, Biggleswade. To register for your free place please contact Autism Bedfordshire 01234 214871 or [enquiries@autismbeds.org](mailto:enquiries@autismbeds.org)

**SPORTS CLUB**

The Multi Sports 'No Limits' Club is for young people aged 10 – 17 years with disabilities and runs every Friday from 5 pm to 7 pm at Saxon Leisure Centre, Biggleswade.

Cost is just £3.00. For more details contact Robin Osborn from Central Bedfordshire on 0300 300 4621 or you can email him with any queries on [robin.osborn@centralbedfordshire.gov.uk](mailto:robin.osborn@centralbedfordshire.gov.uk)

**NEW SERVICE – Carers Tokens** To improve our parents/carers wellbeing and give them a little break The Avenue is now able to offer some small carers tokens up to a value of £50.00. These tokens can be used for services such as exercise classes, on line courses, massages, relaxation therapies and more. Come and have a look at our Carers Tokens suggestion folder at our support groups. To qualify for a carers token the parent/carer must meet The Avenue's terms of scheme. Application forms and copies of the terms are available at our support groups.

**Cinema Exhibitors' Association Card**

If you claim DLA for your child, you are entitled to apply for a Cinema Exhibitors' Association (CEA) card at an annual fee of £6. This allows you to attend the cinema free as a carer when you pay full price for your child. For an application form, please visit their website <https://www.ceacard.co.uk/howtoapply.aspx>



Autism Friendly cinema screenings are shown at various participating cinemas each month. The adjustments made to the films include the lights being left on low, sound turned down, no trailers or adverts, freedom to move around and sit where you like and bring your own food and drink. Locally, Cineworld in Bedford and Stevenage offer autism friendly films on the first Sunday of each month. To see what film is on, go to the Dimensions website for further information <https://www.dimensions-uk.org/families/autism-friendly-screenings/>

**Carers in Beds Activity Groups**

Did you know Carers in Beds run a range of activity groups for carers to try new skills, meet new friends and to have some time for themselves? These include walking groups, camera club, art group, film club, reading and meditation groups. For more information, please contact Carers in Beds on 0300 111 1919 or go to their website <http://www.carersinbeds.org.uk/activitygroups.html>

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