



NEWSLETTER

The Autism Wellbeing Project CIC



VOLUNTEER AWARDS 2023

Congratulations to our Autistic Perspective Panel who were shortlisted for the Volunteer Awards and had representatives attend the celebration at the Totally Wicked Stadium. Our APPs are vital to our work, informing our work as experts by experience. They have the best ideas and are so creative and passionate. Well done team!



MP VISIT



We were so proud to show our MP Mike Amesbury around the AWP base. He really enjoyed chatting to the people we support and hearing what an impact our support is having on their lives. He was so impressed he's even extended an invitation to Parliament!

AUTISM FRIENDLY VACCINATION CLINIC

A big thank you to Remedi for helping us run a well-needed, autism friendly, vaccination clinic. They were so accommodating and even let patients have their dogs with them for support! We are looking forward to working with Remedi again in the future to help address more health inequalities autistic people may experience.



ONE HALTON FUNDING FUN



We've been very busy using our One Halton funding to run some fantastic wellbeing activities. There's been anti-gravity yoga and wellbeing walks so far- and lots more fun on the horizon! Funding like this is so important to us as it means we can deliver high quality activities free of charge to the people we support.



November brought our 3 month anniversary and with it a great opportunity to take stock of all we have achieved in such a short time. Although AWP is relatively new, we have been working in this field and in leadership for a long time. We knew we would be busy, but demand has been higher than we ever imagined! We all love what we do and feel privileged to be trusted to work with such amazing people.

75 
Hours of free group mental health support

1 
MP Visit

77 
Hours of therapy delivered for the NHS and Social Care

4 
Co-production meetings with our Autistic Perspective Panel

47 
Hours of private therapy

360 
Minutes of Access to Work coaching

3 
Grants secured to provide more free activities

1 
Awards night attended



CHRISTMAS RAFFLE

WOULD YOU LIKE TO DONATE A RAFFLE PRIZE? WE WOULD LOVE TO HEAR FROM YOU AND ADD YOU TO OUR LIST OF SUPPORTERS ON OUR SOCIALS AND NEWSLETTER



£1 PER TICKET, £5 PER STRIP

ENTER VIA THE BANK DETAILS BELOW AND USE REFERENCE "CHRISTMAS" WE WILL SEND YOU A PHOTO OF YOUR TICKETS ON REQUEST- DRAW WILL BE ON **FRIDAY 15TH DECEMBER**



AWP BANK DETAILS

The Autism Wellbeing Project CIC
Starling Bank
Account Number- 41634599
Sortcode-60-83-71

Star Prize
£100
Voucher
Courtesy
of
Qualitank



Total prize value of over £900!

AWP Merchandise



Are you stuck for ideas for Christmas presents? Have a browse in our Redbubble shop for AWP and cactus themed gifts designed by autistic people including our Christmas Design Winner, Keeley's design! Simply visit our store, click on "designs", find a design you like and then you will be able to browse all the products. There's everything from stickers to dog bandanas!

SEARCH FOR AWP-STORE



CHRISTMAS CELEBRATION

A big thank you to Emma and Steve who have offered to host our Christmas Celebration at their church in December. Their generosity is so appreciated and we are sure we will all have a great time!



CHRISTMAS HOURS

Brookvale Community Centre is only closed for 2 weeks every year- in order to give everyone who works there a well-deserved rest. We will be closing our base from Friday 15th December and will reopen on Tuesday 2nd January.

Our therapists, PAs and Activity Workers may still offer support during the Christmas closing virtually and in the community. Please speak to your support directly to arrange this.

Our staff will be working limited hours over this period to monitor our communications and social media so please be mindful it may take us longer to respond than usual.



CHRISTMAS SUPPORT

If you are struggling over the Christmas period and you can't get in touch with us, the following organisations offer support even on Christmas day. There is always someone to talk to.

SAMARITANS
 Call us free 24/7 on
116 123
samaritans.org

PAPYRUS
 PREVENTION OF YOUNG SUICIDE
HOPELINEUK
0800 068 41 41

Choose well this winter
 Looking after yourself

 Self care Keep a well stocked medicine and first aid cupboard for minor ailments	 Pharmacy Pharmacists are highly trained professionals who can treat or advise on minor illnesses	 NHS 111 Urgent medical help fast, available 24/7	 GP Practice Urgent and routine appointments on weekdays, evenings and weekends	 Walk-In Centres Halewood Huyton Kirby South Liverpool Old Swan Smithdown (LIVERPOOL) Litherland	 A&E or 999 For life threatening emergencies and serious injuries only
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NHS Mersey Care
 NHS Foundation Trust
 Community and Mental Health Services

Do you need urgent mental health support? Visit: merseycare.nhs.uk/urgent-help

An AWP Christmas Message

We know that Christmas can be a difficult time for some of the people we support. If you're struggling this Christmas, try to remember it is just another day. Put some cosy pjs on, watch a film and know your AWP family will be right here waiting for you in the new year. Like everything, the day will pass and things will be back to "normal" very soon. You're not alone xx

THE TEAM



Emma - Director

Emma is the lead for the mental health side of our project and also delivers some of our private and commissioned therapies. Emma also runs our weekly Wellbeing Zoom session, delivers training, does Access to Work coaching and consultancy. She's super knowledgeable about autism and loves a project!

Emily - Director

Emily heads up our social care team and is in charge of all things to do with Direct Payments and PAs. Emily is also an organisation and logistics whizz and keeps everything running smoothly!

Emily is currently doing all this alongside her day job and voluntarily!



Carol - Finance

We are so lucky to have Carol volunteering her time to help keep our finances and spreadsheets in order. Carol is also heading up grants and funding (she likes to see a nice healthy bank balance and lots of green in her spreadsheets!)



Rachael - Support and Wellbeing Coordinator

We are really pleased to have Rachael join our team. She's currently studying counselling and has a psychology degree. Rachael has an extensive background in social care and is always up for a chat!



Chelsey - Support and Wellbeing Coordinator

We are excited to have Chelsey joining the AWP team. She is also studying counselling and has tons of experience in health and social care. Chelsey is one of the kindest people we know and is always happy to help.



Welcome



Jon - Mental Health Practitioner

We struck gold when Jon wanted to join our team. He's a highly experienced counsellor and clinical supervisor. He is very experienced working with neurodiverse clients and along with talking therapy he can also offer Walk and Talk, Photography Therapy and REWIND Trauma Therapy.

Jon is also an accredited Mental Health First Aid and Suicide First Aid trainer. In fact, Emma first met him when he was delivering suicide training and he was so good she convinced him to join AWP!

Jon has a background in retail management and will be joining our Access to Work coaching team helping neurodiverse individuals manage working life.

Jon's skills will be invaluable to staff and the people we support. He's also a super nice guy who we love spending time with!

"I'm passionate about people not being disadvantaged due to ignorance. When we learn more about ourselves and others we can lead a more peaceful life"





Working in collaboration with The Autism Wellbeing Project
to create positive change for other autistic people

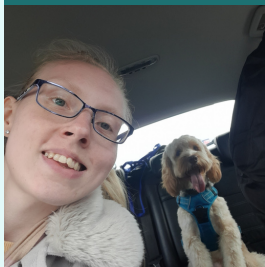
APP NEWS

It's always been important to us to be directly informed and steered by autistic perspectives. We are so lucky to have an amazing team of volunteers who are helping shape the direction of the project.

This month our discussions have involved hot air balloons and catapults (ask Kaitlyn!) Christmas plans, health and wellbeing services and training opportunities for our volunteers. Most importantly we've also ordered their new uniforms funded by the Postcode Lottery! In Megan's words, they're going to look "snazzy"

KEELEY (AND WAFFLE!)

"Hello, I'm Keeley and I enjoy crafting (cross stitch), baking, doing jigsaws and quizzes and looking after my pets Waffle (a crazy cockapoo) and Poppy (a super fluffy ginger cat). What I like being about autistic is that I have a brilliant memory and I am very precise and thorough in anything I do. I am an APP as I'd like to help to create a safe, welcoming, and comfortable space and experiences for fellow neurodivergents to be able to express themselves without the fear of judgment."



MIKE

Hi, I'm Mike, and I'm the veteran amongst the APP youngsters at the ripe "young" age of 74, having only been diagnosed 4 years ago. I therefore have experienced life, being autistic in a neurotypical world. I am logical (mathematics is great) and also scientific (BA 2nd Class with the Open University) My interests are photography, gardening and the granddaughters. My aim is to try and create a world, where there is no such thing as neurotypical or neurodiverse, but everybody is equal, and in doing that help others, where possible, to be able to enjoy life and prosper



DANIELLE

Hi, I am Danielle. I got diagnosed about 10 years ago and was diagnosed with ADHD last year. I love diamond art and my pet hamster Lizzie. I love helping people and making them feel good about themselves.



NIKITA

Hi, I'm Nikita, I'm 25 and a single mum to a little lad and a crazy cat lady with two kitties. I've been diagnosed with Autism for 10 years now and I am finally finding positives in my diagnosis. I chose to be an APP with the hope to help other autistics find positives in their diagnosis and to find joy, security, friendships and a safe place with fellow neurodivergents.



KAITLYN

Hi I'm Kait! I have two lively springers Milo and Nutmeg who I love walking with, as well as two guinea pigs. I love anything Australian, gardening and have two farms (allotments). It makes me really excited to be able to use my own experience as a late diagnosed ASD adult to help inspire others in this adult-specific venture and influence the support that a lot of adults like myself have missed out on.



MEGAN

Hi, I'm Megan.. (often known as Turtle) I was diagnosed with autism in 2020 when I was 20, and then received my ADHD diagnosis just before my 22nd birthday last year. My anxiety stops me doing lots... and I'm a late APP, but I wanted to show people that even though anxiety might make you think you can't do scary things, you can indeed!

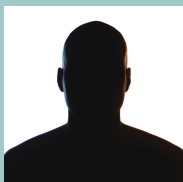


NICKY

Hi, I am Nicky, one of the older people in the group. I was diagnosed with ASD in 2020 and in 2022 I was also diagnosed with ADHD. I enjoy family time, walking, swimming, going to the cinema and I have taught myself how to crochet. I would like to welcome and help people learn more about themselves and to join in with us very friendly adults. In my work role I am a nursery nurse with over 15 years experience working with children from birth to 5. I now work as a TA in a special needs school.



IAN



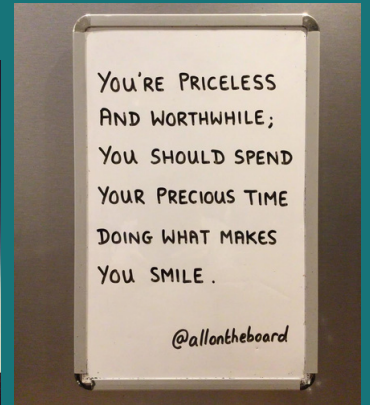
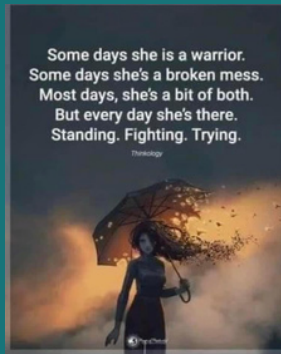
HELEN



Ian and Helen prefer to be a little bit more mysterious, but are still active and very valuable APP members!

Mike's "Sayings"

APP Mike loves sharing positive quotes and sayings to offer encouragement to those we support. Here's a few of our favourites this month...



APP Wins!

We love to hear about the "wins" of the people we support. Here are our APP's favourites from this month...



Steve overcame a huge phobia to have his Flu AND Covid vaccinations at the AWP clinic. He also started reading a book again after 30 years not reading! He's also been making soup!



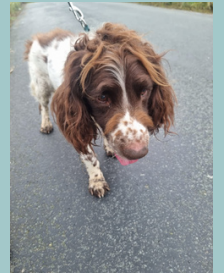
Kaitlyn nominated Keeley for a shout out. Keeley has passed the first part of her teaching assistant course- including an assessed lesson observation!



Megan found the elusive giant Babybel on her support outing. She overcame her anxiety and went to get her nails done on her own, has been making fudge and celebrating 500 days since she was last in hospital!!



Kaitlyn has also got a lot to be proud of. She's secured a volunteering placement looking after this beautiful elderly rescue spaniel called Hoover!



Jake is feeling proud for attending his support session with Chelsey then going to his volunteer job at the Lowry afterwards! A busy day but he did it!



Nikita's win is that she has passed her neuroscience course!

