

Supporting People with Autism

NEWSLETTER



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**By Sarah Barclay
Information & Support Officer**

We support people aged 16 and over who have an Autism diagnosis, or believe they have Autism and are seeking a diagnosis, through one-to-one appointments, assisting in meetings or contacting organisations. Our approach is to run a person-centred service giving information, guidance and support.

If you would like to find out more about the service and join the activities listed below, please contact me. Telephone 020 8466 0790 or email sarah.barclay@bromleywell.org.uk

MONTHLY WORKSHOP REVIEW

Our August workshop was delivered in collaboration with our guest speakers from SeeAbility, Trevor Hunter and Lance Campbell. The aim of the presentation

was to raise awareness of eye care and how people from our neurodivergent community can have easy access to eye care services particularly opticians.

The session was very informative and participants had the opportunity to ask questions.

**SEE ABILITY**

Certain opticians are now offering appointments explaining what happens on the day and will talk you through how to have a smooth and enjoyable visit. This is fantastic news for the community.

To find out which opticians are offering longer or split appointments with specially-trained professionals, please visit the [SeeAbility website](https://www.seeability.org.uk) for more information or telephone 020 3859 2385.

DATES FOR YOUR DIARY**Weekly Autism Drop-In**

Want to know more about our service? Come along and talk to an Autism Information & Support Officer and find out more about how we can help you.



Every Thursday from 10am to 12pm and 1pm to 3pm.

Venue: Rhiannon's Café, United Reformed Church, Widmore Road, Bromley.

No need to book; just turn up.

Monthly Workshops

We are currently seeking a new venue to hold our monthly workshops. All details for September's workshop will be available on the [Bromley Well website](https://www.bromleywell.org.uk) once confirmed. Please get in touch if you have any questions for us. We look forward to seeing you soon!

For further information, please contact us:

Email sarah.barclay@bromleywell.org.uk
Phone/text or WhatsApp
07597048674.



NEWS AND EVENTS

ASD LIFE ADMIN COURSE



Exciting news: We will be launching this free course shortly.

Our support officers will assist you with a person-centred plan to create and achieve your goals. You might want to better manage your paperwork or sort out a long-standing issue.

We can help you:

- **Complete an initial assessment**
- **Create your action plans**
- **Work on coping mechanisms**
- **Increase your independence and resilience**

Want to know more?

For more information and to sign up, please contact the Bromley Well Single Point of Access and quote 'ASD Life Admin Course.' Contact information below.

Freephone 0808 278 7898 Email spa@bromleywell.org.uk

Rhiannons Café

Have you visited Rhiannon's Café based at the United Reformed Church in Bromley yet? Rhiannon's Café is a not-for-profit Community Interest Company, mainly staffed by members of the Neurodivergent Community. Our team are based at the cafe every Thursday for our Autism drop-in. Why not grab a cup of tea or coffee and a slice of cake when you are next passing? The cafe also serves a range of sandwiches, snacks, and daily specials. [More information here.](#)



Duke of Edinburgh (DofE) Award

The National Autistic Society is launching a Duke of Edinburgh (DofE) Award Community of Practice to share good practice and advice on making the scheme more accessible to autistic young people. [Find out more here.](#)



THE DUKE OF
EDINBURGH'S AWARD