



Autism Support Newsletter

Welcome to our second newsletter

[Sign up to receive Newsletters here](#)

Changes to Bromley Well services during the Coronavirus Outbreak

Due to the current outbreak we are unable to offer face to face appointments,
however we are still contactable via
e-mail: chris.towers@bromleywell.org.uk or phone: **07597 048 674**.
You can also contact me via [Facebook](#)

Bromley Well Autism Workshop April 2020

Following the success of our March workshop, our April 2020 Workshop will be held virtually via Zoom. This will take place on Tuesday 28th April from 12:30. Please go to: Zoom Sign Up and create a free account. If you need any further help click [here](#) * or feel free to e-mail me or call me on: 07597 048 674

Once you have set up Zoom, please get in touch with me (using the details above) so I can add you to the workshop list and send you the details to join in.

We look forward to seeing you on Tuesday 28th April.

* Link may not work on Internet Explorer

Facebook Page and Group

We have set up a new Facebook Page and Group for our service.

[Facebook Page](#)

[Facebook Group](#)

Please click on the above links to find out more.

Please "Like" the Autism Support Page to be kept up to date with info from our Service

For our Group you need to click on Join to be added to the group.

Online support group

We have been thinking of having an online support group for you to get involved in. This could be like an online coffee shop where you could drop in and have a chat, or you could use our existing Facebook Group to talk to others about how you are feeling or what you have been up to.

We have created a survey and would be grateful if you could complete it.

If you would prefer to be e-mailed the questions, please e-mail me

[Complete our Survey here](#)

Updates regarding Coronavirus

Bromley Council has set up a [form](#) for requests for assistance for those self-isolating.

The National Autistic Society has put together a page regarding a "Passport" in the event of someone being admitted to hospital during the current situation, especially with limited visiting. It is endorsed by the Department of Health and NHS England. More info [here](#)

Social Media User Guides

Not been a huge user of social media but wanting to get more involved now? We've listed a few of the most popular social media platforms below. Click on the name to take you to user guides and videos.

[Facebook](#)

Set up an account or learn how to use yours more effectively. Great for keeping in touch, groups and events. There is a help article on how to join a group [here](#)

[Twitter](#)

Stay up to date with breaking news and entertainment. Learn the jargon, set up an account and have a look around. If you prefer a written guide click [here](#)

[Pinterest](#)

Unbelievably addictive, Pinterest is supposed to be a place for you to gather all your hobbies and interests on different boards. However, if you have ever used Pinterest, you may find that Pinterest is your actual hobby! There's absolutely everything on there, from arts and crafts to recipes. Learn more [here](#).

[Zoom](#)

Brilliant for meetings with one or multiple people, available to use on your phone, tablet, laptop or computer. There is more info [here](#) and we have created a guide [here](#) *

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