

## 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 Emma Andrew. Telephone 020 8466 0790 or email [emma.andrew@bromleywell.org.uk](mailto:emma.andrew@bromleywell.org.uk).

## MONTHLY WORKSHOP REVIEW

**Our September workshop was an *Introduction to the Autism (ASC) Life Admin Course* at our new venue** (The Bromley Scout Hut). The workshop provided an overview of the course which is currently being delivered over five sessions.

Afterwards, we were joined by CASPA to discuss the book, "What Autism Means to me" which was created by CASPA members. The book costs £5 and all funds raised go directly to CASPA.

We also had the pleasure of welcoming a surprise guest – one of our clients brought along their assistance dog (in training) to develop the dog's social skills and help raise awareness. It was a fun afternoon for all.



**The topic for our October workshop was *Safe Use of the Internet and Technology*.**

We were joined by guest speaker, Vicki Swift, Bromley Mencap's Cost of Living Coordinator. Our clients shared their understanding of how to



stay safe online and how to avoid scams and Vicki provided plenty of fantastic advice. It was great to see that all participants had learned something new about how to use the internet safely.



## WEEKLY AUTISM DROP-IN

**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.

**Know Your Numbers! Ease your pressure!**



Back in September, we supported clients at the drop-in to have their blood pressure checked. Everyone was encouraged to keep up with regular checks to help maintain health and well-being. A great session for all.

## NEWS AND EVENTS

### ASC LIFE ADMIN COURSE



This popular course started in October and is held at the Bromley Mencap office in Bromley North. The course is over five sessions which take place fortnightly.

**The next course starts in January**, so register your interest now by contacting [emma.andrew@bromleywell.org.uk](mailto:emma.andrew@bromleywell.org.uk)

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



### Employability Workshop:

**Monday 20th November from 10am to 12pm at Bromley Scout Hut**

Join Bromley Mencap's Senior Education, Training and Employment Advisor, Ian Breslin, for a discussion on getting and keeping a job. Booking required. [More here.](#)

### The National Autistic Society's response to the Mental Health Bill being excluded from The King's Speech

Tim Nicholls, Head of Influencing and Research at the National Autistic Society, said: "The King's Speech was a vital opportunity for the Government to commit to reforming the outdated Mental Health Act... There are 2,045 autistic people and people with learning disabilities in mental health hospitals in England - and 65% are autistic people. Reforming the Mental Health Act needed to be a key step towards ending this crisis." [Read more here.](#)

