

Lambeth Autism Group

August 2022 Newsletter



Volume 1 | Issue 1

By Rebekah Bailey (social media & comms volunteer)

Hello all!! Welcome to our August Newsletter with updates about what's been going on and things to look forward to 😊

Upcoming events calendar can be found at the bottom of the newsletter 😊

Coffee Mornings are back!

West Norwood Library, Community Room

On Friday 10th June a coffee morning was held in West Norwood Library. A great time was had by all that attended. We will be holding another on 21st August and 18th September. This will be a coffee afternoon alongside a stay and play session. Please feel free to come along and join us! Light refreshments provided.

Art4Space Creative Workshops

Art4Space, Stockwell, SW4 6QU

We held the first Art4Space workshop on Tuesday 26th July. It was extremely fun with an excellent teacher where we made clay pots and mosaic coasters. Everyone had a great time in a relaxing and enjoyable two hours in a very comfortable studio space. Please join us as there are two more in August (9th and 23rd) with a focus on textiles, clay, or mosaics. Here are some pictures of the creations (we are such a talented bunch!!!).



CREATIVE



Art Competition

Speaking of art!!

NAS are holding a 60th anniversary art competition. The theme is '60 Years of the National Autistic Society'. They are asking for people to send in 60th-themed art or photography that could feature in "Your Autism" magazine or "The Spectrum" magazine. They would like to show how far the charity and attitudes towards autistic people have changed over 60 years, and what that looks like to you.

More info on their website: <https://www.autism.org.uk/what-we-do/who-we-are/60th-anniversary-art-competition>

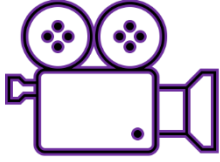


NAS Stories

More creativity!!

NAS are also collecting stories from people who use their local NAS branch and have been helped by NAS! If you are interested please email us or Natalie (senior branch engagement officer) and she will put you in touch with the project lead!!

Natalie.rupik@nas.org.uk



Relaxed Cinema Screenings

Barbican Centre, EC2Y 8DS

Barbican Centre are offering Relaxed Cinema events every month with accessible screenings. The lights are dimmed, but not off, volume is a little lower than usual and you may move around whilst the film is on. August's film is 'Where the Crawdads Sing' (a great book – would recommend).

The link for more info is here: <https://www.barbican.org.uk/whats-on/series/relaxed-screenings>

Friday Fundays

West Norwood Leisure Centre, SE27 0DF

Every Friday in August, there will be Fundays held at West Norwood Leisure Centre. Starting from 12:30 with activities including a bouncy castle, yoga, dance, and swimming. If you want any further details our emails are at the bottom of the newsletter. The link to sign up is in the box below!

<https://forms.office.com/r/TfMBDgzSLj>



Lambeth Autism Group

FRIDAY FUNDAYS

West Norwood Leisure Centre, SE27 0DF

STAY & PLAY

5 August
12 August
19 August
26 August

Community Room

There will be a
bouncy castle

 12:30-5:00 PM

YOGA

12 August
19 August
26 August

Studio Room

Yoga for ASD with
Daniella Oviedo

 1:00-2:00 PM

DANCE

5 August
12 August
19 August

Studio Room

Developmental dance
with Movement Works

 2:00-4:00 PM

SWIMMING

5 August
12 August
19 August
26 August

Teaching Pool

Limited spaces so
please book in advance!

 2:00-3:00 PM

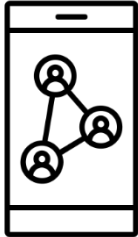


To register, scan the
QR code below!



Or, send us an email:
lambeth.branch@nas.org.uk

RESEARCH / INFORMATION

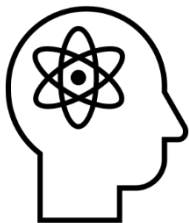


Free Online Information Sessions

Courses for parents and carers of autistic children

Auternative Coaching are a small, not-for-profit organisation who want to improve the lives of autistic people and their families. They specialize in coaching adapted for autistic people. There are two courses, one is six weeks and one is five weeks. If you would like to know more their website is:

www.auternativecoaching.com



Research:

Research about autistic people's experiences of healthcare (age 50+)

University College London are looking for people to take part in their study into the healthcare needs of autistic adults aged 50 or over. They also want to include the perspective of carers of autistic people. They want to understand the barriers to accessing services and how to overcome these barriers. Participating involves a talk to the research team, an interview (online), and a £15 voucher. If you are interested please contact:

Amy.gillions.20@ucl.ac.uk / Hassan.mansour.17@ucl.ac.uk



Interested in Volunteering?

Volunteering Opportunities with LAG

We are always looking for people to join us and become part of our friendly and inclusive committee. We have many opportunities to be part of LAG and try to help the autistic community in Lambeth to the best of our abilities.

We are mainly looking for volunteers to be at the events that we host, but any help is always appreciated.

If you would like to be a volunteer the process is very simple. Please contact Charissa Khoo with your details (contact details at the bottom of the newsletter). You will need to fill an application form and provide references, which will then be followed with some mandatory safeguarding courses online. Then you are ready to join us!



Suggestions:

We are always happy to take any suggestions. This could be surrounding activities, things you would like to see more of, issues you may like to raise with the group, or about forms of communication.

Whatever the topic, we are happy to help and discuss with you! Please feel free to contact either Charissa Khoo (Committee Chair) or myself (Social Media and Communications Officer) and we will do our best to help you. Our emails can be found at the bottom of the newsletter.

ANY ISSUES? CONTACT US

Charissa Khoo: Committee Chair

Charissa.khoo@nas-volunteers.org.uk

Rebekah Bailey: Social Media and Communications
Officer

Rebekah.Morris-Bailey@nas.volunteers.org.uk



AUGUST: UPCOMING EVENTS

FRI
DAY
FUN
DAY

5th, 12th, 19th, and 26th August – FRIDAY FUNDAY
12:30 – 17:00
West Norwood Leisure Centre, SE27 0DF

Activities Include:
Bouncy Castle Stay & Play, Yoga, Dance, and Swimming
West Norwood Leisure Centre, SE27 0DF

FRI
DAY
FUN
DAY

2nd +
3rd
AUG-
UST

16:00: A2ndvoice Flip Out
Bendon Valley, SW18 4LZ

11:30 – 12:30: A2ndvoice Inflatable Fun
14:00 – 15:00: A2ndvoice Swimming
Tooting Leisure Centre, Greaves Place, SW17 0NE

4th
AUG

5th
AUG

12:30 – 17:30: FRIDAY FUNDAY
West Norwood Leisure Centre, SE27 0DF
14:00 – 15:00: A2ndvoice Swimming (Tooting)
15:00: A2ndvoice Pop Up (Tooting)

LAMBETH AUTISM GROUP

Want more info? Email: Rebekah.Morris-Bailey@nas.volunteers.org.uk





AUGUST: UPCOMING EVENTS

9th
AUG

10:00 – 12:00: Art4Space Workshop
31 Jeffreys Rd, Stockwell, SW4 6QU
15:00: A2ndvoice Flip Out
Bendon Valley, SW18 4LZ

15:00: A2ndvoice Flip Out
Bendon Valley, SW18 4LZ

10th
AUG

11th
AUG

11:30 – 12:30: A2ndvoice Inflatable Fun
14:00 – 15:00: A2ndvoice Swimming
Tooting Leisure Centre, Greaves Place, SW17 0NE

12:30 – 17:30 FRIDAY FUNDAY
West Norwood Leisure Centre, SE27 0DF
14:00 – 15:00: A2ndvoice Swimming (Tooting)

12th
AUG

16th +
17th
AUG

14:00: A2ndvoice Flip Out (16th)
12:00: A2ndvoice Flip Out (17th)
Bendon Valley, SW18 4LZ



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AUGUST: UPCOMING EVENTS

18th
AUG

11:30 – 12:30: A2ndvoice inflatable Fun
14:00 – 15:00: A2ndvoice Swimming
Tooting Leisure Centre, Greaves Place, SW17 0NE

12:30 – 17:00 FRIDAY FUNDAY
West Norwood Leisure Centre, SE27 0DF
14:00 – 15:00: A2ndvoice Swimming (Tooting)

19th
AUG

21st
AUG

13:00 – 16:00: Stay and Play / Coffee Meet
West Norwood Library, Community Room
11:00: Relaxed Cinema Screening
The Picturehouse, West Norwood

10:00 – 13:00: Art4Space Workshop
31 Jeffreys Rd, Stockwell, SW4 6QU
15:30: A2ndvoice Flip Out

23rd
AUG

24th
AUG

12:00: A2ndvoice Flip Out
Bendon Valley, SW18 4LZ



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AUGUST: UPCOMING EVENTS

25th
AUG

11:30 – 12:30: A2ndvoice Inflatable Fun
14:00 – 15:00: A2ndvoice Swimming
Tooting Leisure Centre, Greaves Place, SW17 0NE

12:30 – 17:00 FRIDAY FUNDAY
West Norwood Leisure Centre, SE27 0DF

26th
AUG

26th
AUG
(Cont.)

14:00 – 15:00: A2ndvoice Swimming
Tooting Leisure Centre, Greaves Place, SW17 0NE
12:00 Barbican Relaxed Cinema Viewing
Barbican Centre, EC2Y 8DS

16:15: A2ndvoice Inflatable Fun
Tooting Leisure Centre, Greaves Place, SW17 0NE

27th
AUG

18th
SEPT

13:00 – 16:00: Stay and Play / Coffee Meet
West Norwood Library Community Room

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