

Autism Awareness Week 2021

Adult Services—Special Activities

You are invited to join us during this very special week of the year, to get to know about the Adult Services Team at Action for ASD, to meet our staff and learn what services and support our team provides for Adults on the Autism Spectrum.

We'd also like to take this opportunity to tell you a little about Autism, and hopefully to have some fun!

Monday 29 th March 2021	11 am to 11:30am	Meet and Greet An introduction to Adult Services at Action for ASD, and an opportunity to ask about Autism itself.
	11:30am to 12pm	Adults With Autism by Mr Joseph Grice We are very proud to share this short film with you, which was created by one of our very own and very talented members.
	2pm to 3pm	Autism Awareness Quiz Join us this afternoon for an Autism Awareness Quiz, if you'd like to take part make sure you have a pen and piece of paper handy to write down your answers.
Tuesday 30 th March 2021	2pm to 2:30pm	Basic benefit information & Advice Session An outline on the criteria for dla/pip, and tips on the kind of information you may need to add to your application, plus gov. links for further information etc.,
	2:30pm to 3pm	Relaxation Techniques for Coping with Stress Breath to relax
	3pm to 3.30pm	Growing Cacti & Succulents from all round the world Christopher Leather shares his knowledge and some of his own fantastic photographs of his hobby growing all kinds of cacti from all round the world.
Wednesday 31 st March 2021	11am to 12pm	All about Autism This session provides a brief explanation of what Autism is, how it can affect individuals and what it might be like living with Autism
	2pm to 3pm	Mindfulness Session, Dealing with negative emotions This session provides some basic steps to identify what it is we're thinking, feeling and why we respond the way we do to conflict or situations we find challenging.
Thursday 1 st April 2021	2pm to 2:30pm	Autism Awareness Quiz Join us this afternoon for an Autism Awareness Quiz, if you'd like to take part make sure you have a pen and piece of paper handy to write down your answers.
	2:30pm to 3pm	Expression through photography by Danielle Wainwright Were very pleased to introduce you to Miss Danielle Wainwright, a very talented photographer and member, who will be sharing some of her fabulous work with us today.

For further enquiries, or links to the sessions above please contact a member of staff

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Action for ASD, East Lancashire & Blackburn with Darwen, Website:-
<http://www.actionasd.org.uk/>

Action for ASD Adults Social Group can be found on Facebook at:-
https://www.facebook.com/pg/ActionforASDAdultGroup/events/?ref=page_internal