# Nottingham City Council Autism Team Parents/Carers Newsletter

This is your termly newsletter about all things related to Autism Thoughts, articles, activities, quotes and more!

**Upcoming Events** 

### <u>Coffee Meetings</u> Friday 24<sup>th</sup> March 1 – 2.30pm

Pulp Friction café @ Bestwood Park Church Beckhampton Road, Bestwood Park

#### **Workshops**

#### **AET Making Sense of Autism**

Monday 20<sup>th</sup> March 1 – 2.30pm on Microsoft Teams Scan the QR code to join or click the link

Making Sense of Autism for Parents



#### **Extreme Demand Avoidance**

Wednesday 29<sup>th</sup> March 6 – 7.30pm on Microsoft Teams Scan the QR code to join or click the link Extreme Demand Avoidance for Parents





Family Fund provides families raising a disabled, or seriously ill, child on low incomes with wide-ranging grants for essential items. Whether you need a kitchen appliance, like a fridge, cooker or washing machine, clothing and bedding, sensory or play equipment or technology for your child or a much-needed family break, they are there to help.

**Family Fund** 

## World Autism Acceptance Week is back from 27 March – 2 April 2023

The National Autistic Society have a theme for 2023: colour, and they have a new virtual challenge, the <a href="Spectrum Colour Challenge">Spectrum Colour Challenge</a>; a new in-person event, the <a href="Spectrum Colour Walks">Spectrum Colour Walks</a>; and lots of ideas to get your fundraising off to a colourful start.

#### NAS World Autism Acceptance Week 2023

Autism Education Trust have resources for different year groups aimed at raising awareness during World Autism Acceptance Week

AET Raising Peer Awareness During World Autism Acceptance Week

# We need you!

The Autism Team would like your feedback

We want to hold our coffee meetings in different areas of the city, in accessible and relaxed settings.



Do you know of anywhere suitable, ideally near a tram or bus route?

Email us at

anita.bennett@nottinghamcity.gov.uk with suggestions



Home - Look Inside Sensory Learning & Play C.I.C.
Childrens Play Centre Nottingham

Look Inside Sensory Learning & Play C.I.C. provide a safe, stimulating environment for all children, including those with additional learning needs. The children will play and develop new skills through sensory equipment, free play and structured play sessions.

### **QUOTE CORNER**



'Do the best you can and never stop'

Stephen Wiltshire MBE

