




Autonomy
Newsletter
Issue 76
July
2016

Sara and Eric Heath
www.shropshireautonomy.co.uk

Contact us on
01743 821363
07895142801

or Autonomy via 
or at
[autonomyschropshire@
yahoo.co.uk](mailto:autonomyschropshire@yahoo.co.uk)

Autonomy 4 Women

Our next meetings
this year will be:

Wednesday July 20th
Wednesday August
17th

from 7:30pm- about
10pm
at:

The ALB
14 Smithfield Road
Shrewsbury
Shropshire
SY1 1PB
01743 367600

Please ask at the bar
for "Autonomy for
Women" and staff will
direct you to our
private room

Our next
Autonomy
newsletter (Issue
77) will be the
September 2016
edition.*

Many thanks for the fundraising support:

Nuffield Health Shrewsbury Half Marathon 2016

Congratulations to Autonomy member, Thomas Vaughan, who came 6th out of 1700 runners on Sunday June 19th in a time of 1 hour, 21minutes, 24 seconds and was sponsored to raise money for Autonomy. 😊



Shrewsbury Carnival 2016

Thanks to Anna Costin (and Eric) for helping at our stall at the Shrewsbury Carnival. We raised £43.30 towards our funds. 😊



Autonomy Social Events

Telford Socials:

Telford Pub Socials at: The
Severn Gorge, Southwater
Way, SATNAV: TF3 4FU
(01952) 290404

Monday July 4th

Monday August 1st

from 7:30pm – about 10.30pm

Board Games Club in
Wellington Library Cafe area
Monday July 11th and
Monday August 8th

7:30pm-9:30pm. Cost 50p for entry
and snacks/drinks. All welcome!

Shrewsbury Socials:

Ten Pin Bowling at: AMF
Bowling, Shrewsbury, SY1
3AZ on Tuesday July 12th from
7:30-9pm. Cost £2.75. Meet in the
bar area, one bowling game, then to
the Harry Hotspur pub (SY1 3AT)
till about 10:30pm.

The Hole in the Wall

1, Shoplatch, Shrewsbury
SY1 1HF, (01743) 271847
on Tuesday July 26th
from 7:30pm-about 10.30pm.

The Abbey, 83, Monkmoor
Road, SY2 5AZ, 01743
236788 Tuesday August 9th
from 7:30pm- about 10.30pm.

The Beacon Pub,
Copthorne Road,
Shrewsbury SY3 8LP

(01743) 344286

Tuesday August 23rd from
7:30pm - about 10:30pm. We will
keep booking the Beacon from now
on unless members decide to
change.

Tribute to Danielle (Dani) Kirby Jayne Rowe



We were saddened to hear of the sudden death of Autonomy member, Dani on May 8th 2016; she passed away in her sleep at the age of only 24. We will miss Dani's cheery face at our Telford and Autonomy for Women events as she was a fun loving and caring member of our group.

The New "Rewired" Group

Malcolm Foster, who used to work at the Telford Autism Hub, is setting up "Rewired", a new social group for people with autism. Its first meeting will be on Wednesday July 13th at 7pm at the Severn Gorge Pub for people from Shropshire and Telford. Autonomy members are welcome to join this Asperger's led group and Malcolm is in the process of organising a fun summer activity too.

We have no trips planned for the summer months but will have a great day out in September.

Autonomy Training Update

Due to a re-assessment of training needs for Shropshire Council, the next 3 Autonomy Training sessions have sadly been cancelled. We hope be asked to run them again due to the importance of "lived experience" speakers; the funding also provided employment and funds for our group.

Crich Tramway Museum

18 of us had a lovely day on 26/6/16 travelling on 4 historic trams and learning about their history. There was also a period High Street to explore, complete with a pub, a sweet shop and tea house. There are loads of pictures from our members on our new Facebook "Shropshire Autonomy" group page.



Chris, Mark and Ben on a tram.



"The Crown" Fundraising Event

We are delighted that Mike Perry, John Francis, Julia Bradley and the Crown at Abbey Foregate chose Autonomy for their fundraising evening on Friday, June 24th. They raised £120.



Sara at the Autism Show in Birmingham with our new Autonomy Plus banner.

Sara was asked to speak by about our "Mind The Gap" Survey at the Autism Show in Birmingham on 25/6/16. Autonomy shared a stand with Autistic UK who believe that nothing should be decided for autistic people without the involvement of autistic people including national autism policy. www.autisticuk.org. Sara is featured here with Autistic UK members Olivia and Adam.

