



Autonomy
Newsletter
Issue 77
September
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Autonomy 4 Women

Our next meetings
will be on:

Wednesday
September 21st
Wednesday October
19th

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
78) will be the
November 2016
edition.*

Free Outing to West Midland Safari Park



On Sunday September 25th we
will visit the Safari Park, DY12
1LF, phone (01299) 402114.
(<http://www.wmsp.co.uk/>). Thanks to
Joe for researching this outing.

The trip will be free for members (paid
for by fundraising by Thomas
Vaughan); carers have free entry.
Bring a packed lunch, snacks and
drinks or buy them at the Park after
our Safari trip.

We have a 17 seater minibus and
aim to arrive at the Park by 11am.
We will pick up members in
Shrewsbury at the Abbey Foregate
car park (opposite the Abbey) at
9.15am. (Cost £1 to park all day) and
at Wellington Library at about 9.45am
(free parking in Long Stay car parks).

We will first drive through the Wild
Animal Park then members can visit
the other attractions including the
Land of the Living Dinosaurs and
have a wristband for the Theme Park.
We will leave at 5.30pm, arrive in
Wellington by about 6.30 pm and in
Shrewsbury by about 7.15pm.

****Please bring a copy of your DLA or PIP
letter as proof of disability to help keep
costs down.****

If you wish to travel in the minibus
you must book a seat for this
outing with Sara or Eric by phone:
01743 821363; text: 07895142801;
message Autonomy on Facebook;
email:
autonomyshropshire@yahoo.co.uk
or tell Sara or Eric when you see
us at one of our social events. You
may also travel in your own car
especially if you do not wish to go
to the Theme Park afterwards.

Autonomy Social Events: Telford Socials:

(for Telford and Shropshire members)

Telford Pub Socials at: The
Severn Gorge, Southwater
Way, SATNAV: TF3 4FU

(01952) 290404

Monday September 5th

Monday October 3rd

from 7:30pm – about 10.30pm

Board Games Club in

"Hathaway's Cafe",

Wellington Library Tan Bank
TF1 1LX.

Monday September 12th and
Monday October 10th

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

Shrewsbury Socials:

(for Telford and Shropshire members)

September

Ten Pin Bowling at: AMF
Bowling, Brixton Way, SY1
3AZ on Tuesday September

13th from 7:30-9pm. Cost £2.75.

Meet in the bar area, one bowling
game. Then at Harry Hotspur pub
(SY1 3AT) till 10:30pm.

The Hole in the Wall

1, Shoplatch, Shrewsbury

SY1 1HF, (01743) 271847

on Tuesday September 27th

from 7:30pm-about 10.30pm.

October

The Abbey, 83, Monkmoor

Road, SY2 5AZ, 01743

236788 Tuesday October 11th

from 7:30pm- about 10.30pm.

The Beacon Pub, Copthorne

Road, SY3 8LP (01743) 344286

Tuesday October 25th from

7:30pm - about 10:30pm.

Telford Autism Hub Update

Telford Autism Hub

based at the Glebe Centre, Glebe Street, Wellington, TF1 1JP, offers social activities, table tennis, board games etc. We are glad to know that after over a year of uncertainty, that they have new CCG funding and are again able to offer pre-diagnostic and post-diagnostic help and support. Carer support is also available.

The Hub runs from 10.30-2.00pm every Friday. Details of all the activities can be found by visiting website:

www.listen-not-label.org or the Telford Autism Hub Facebook page. You can also ask for a copy of their monthly newsletter by phoning: 01952 916109 or emailing admin@listennotlabel.org.uk

Funding Update

We are very pleased to thank Thomas Vaughan for his Nuffield Half Marathon sponsorship which has raised £476.00 for Autonomy.

Sara was also presented with a £170 cheque from Waitrose token collection and we and we have also been kindly given more Danny Beath legacy funds from the posthumous sale of his photographs. Many thanks to Charlotte and Tim Beath for looking out for Autonomy!!



Sara collecting the cheque from the Shrewsbury Little Waitrose manager.

Autonomy Football Kickabout

It was suggested a few years ago by Simon Taylor and John Morris that Autonomy started a team for a 5-a-side football match but there was not enough interest. Wayne Greenwood suggested it again a couple of months ago on our Shropshire Autonomy group page and finally enough people were interested in joining in!

Thomas Vaughan kindly organised the first Autonomy Football Kickabout for Saturday August 13th at 10:30am at the Monkmoor Playing Fields.

The team consisted of Christopher Ralph, Thomas, Dean Evans, Adam Stockwell and Wayne and more members are welcome to attend.

Please let Thomas or Sara know if you are interested. If the team becomes popular then we could even organise to play a 5-a- side football match against another group or organisation.



July Bowling Winners

We had 4 July bowling winners but were only able to get pics of two of them - as they were too busy rushing off for a meal at the Harry Hotspur!



Thomas B and Andy

"Rewired"

Rewired had its first meeting and now will be meeting from 7:30pm on the second Wednesday of the month at the Severn Gorge Pub on a regular basis. Shropshire and Telford members are welcome. Rewired hope to be a legally constituted group (like Autonomy) as this will give them the ability to apply for funding. They have a Rewired Facebook page too!!