




**Autonomy**  
Newsletter  
Issue 80  
(octogenarian!)  
March  
2017

Sara and Eric Heath  
[www.shropshireautonomy.co.uk](http://www.shropshireautonomy.co.uk)

Contact us on  
01743 821363  
07895142801

or Autonomy via 

@AutonomyASD 

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

### Autonomy 4 Women

Our next meetings  
this year will be:

Wednesday March  
15<sup>th</sup>  
Wednesday April  
19<sup>th</sup>

from 7:30pm- about  
10:30pm  
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  
81) will be the May  
2017 edition.\*

### Free Spring Outing to Jodrell Bank Discovery Centre

On Saturday April 29<sup>th</sup> we will  
visit Jodrell Bank  
Macclesfield, SATNAV SK11  
9DW to learn about astronomy  
and to see the Lovell  
Telescope [www.jodrellbank.net](http://www.jodrellbank.net).



Thanks to Joe for researching and  
planning this outing.

We will explore the Space Pavilion  
where you can learn about the stars,  
the universe and the Black Hole and  
also the Planet Pavilion where you  
can learn about the solar system.  
There are large gardens with good  
views of the telescope and a cafe.

The trip will be free (paid for by  
Autonomy) for members and carers.  
We have a 17 seater minibus and aim  
to arrive at Jodrell Bank by 11am. **We  
will pick up members in Shrewsbury  
at the Abbey Foregate car park (SY2  
6AH) (opposite the Abbey) at  
8.45am. (Cost £2.70 to park all day)  
and at Wellington Leisure Centre  
(TF1 1LX) at about 9.15am (free  
parking in Long Stay car parks).** We  
will leave by 5.00pm and aim to be in  
Wellington by about 6.45pm and in  
Shrewsbury by about 7.30pm.

**You must book a minibus place  
for this outing. Contact Sara or  
Eric by phone: 01743 821363; text:  
07895142801; message Sara Heath  
or Autonomy on Facebook; email:  
[autonomyschropshire@yahoo.co.uk](mailto:autonomyschropshire@yahoo.co.uk)  
or tell Sara or Eric when you see  
us at one of our social events.**

\* To avoid disappointment to other  
members, please only book a place if you  
will actually go on the trip - and please tell  
us well in advance if you can't come so  
we can give your place to someone else. \*

### Autonomy Social Events

#### Telford Socials:

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

Monday March 6<sup>th</sup>

Monday April 3<sup>rd</sup>

from 7:30pm – about 11.00pm

Board Games Club in  
Wellington Library Cafe, Larkin  
Way off Tan Bank, Wellington TF1  
1LX Monday March 13<sup>th</sup> and  
Monday April 10<sup>th</sup>

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 March 14<sup>th</sup> 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 11:00pm.

The Hole in the Wall  
1, Shoplatch, Shrewsbury  
SY1 1HF, (01743) 271847  
on Tuesday March 28<sup>th</sup>  
from 7:30pm-about 11.00pm.

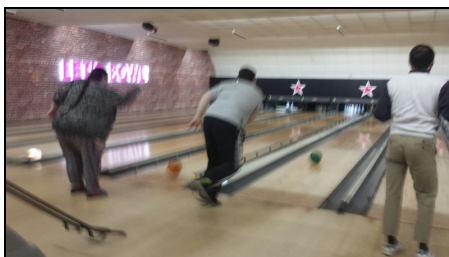
The Abbey, 83, Monkmoor  
Road, SY2 5AZ, 01743  
236788 Tuesday April 11<sup>th</sup>  
from 7:30pm- about 11.00pm.

The Beacon Pub,  
Copthorne Road,  
Shrewsbury SY3 8LP  
(01743) 344286  
Tuesday April 25<sup>th</sup> from  
7:30pm - about 11:00pm.

## January AMF Bowling



Our winners were Adam, Chris R, Andy (and Ben) but here are some more pictures from the evening thanks to Adam:



## Goldwing Bike Parade on Saturday April 8th

Marilyn Jones and STACS are organising the fantastic Goldwing Bike Parade around Shrewsbury on April 8<sup>th</sup> in aid of the Shropshire Autism Hub. The bikers (known as "wingers") will do 3 circuits of the town starting at the Quarry Park at 8.15pm. There will be a tombola and some fundraising stalls. Volunteers are needed to carry and shake collection tins on the evening.

For more details or to offer help on the evening, contact the Shropshire Autism Hub on 01743 539202 or via Facebook.

## Autonomy "Evolution" Football Team

The team have just been awarded a £500 Capgemini Community Impact Award, many thanks to Thomas!!

The next kickabout will be held at the Lythwood Sports Complex in Bayston Hill, SY3 0LY on Saturday 18th March, from 12noon till 1pm. New members welcome! Contact Thomas at [autonomyfootball@gmail.com](mailto:autonomyfootball@gmail.com)

## Autonomy's New Look Website is Online!

Many thanks to Darren Forster developing our new website which will be totally Asperger's run. It is tablet and phone compatible and will have lots of room for photos and videos. We hope to have a new Autonomy App so our members are kept right up to date with events and activities.

[www.shropshireautonomy.co.uk](http://www.shropshireautonomy.co.uk)

## Autonomy Musical and Talent Evening April 8<sup>th</sup> in Celebration of World Autism Awareness Day

We are having a fundraising Musical and Talent evening at the **Darwin Community Centre** which is also called the **Fellmongers Hall, Frankwell, Shrewsbury, SY3 8JS**. The entrance is through the black gates between the Little Boro Chip Shop and Pulse Hair Studio. Contact Sara for directions if you are lost. Car parking is free at Frankwell after 6pm

The event will feature the Asperger's Talents of Autonomy including Sam Cooper, Eric Heath, Nadine Jenkins and friends of the group including the band Heartwood. We have yet to confirm the playlist but that will be on Facebook and our website beforehand.

We will start at 6:30pm and have a break from 8-9pm so people can join in with and watch the Goldwing Bike parade. We will then resume our evening at 9pm and finish at 11:30pm. There will be a bar and snacks and tickets are £7.50. We are collecting prizes for a raffle and profits will go to Autonomy.

Please book entry tickets from Sara by email or at one of the socials.



We welcome offers from members to join in with the evening, so please let Sara know if you wish to be part of the entertainment.