Autonomy Newsletter

Issue 115

March 2024

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Autonomy 4 Women

Our next meetings this year will be:

Wednesday March 20th

Wednesday April 17th

from 6:30pm- about 10:00pm

at;
The Severn Gorge
Southwater Way
SATNAV: TF3 4FU
(01952) 290404

See you there!

Our next Autonomy newsletter (Issue 116) will be the May 2024 edition.



Autonomy's 20th birthday party! (for members from Shropshire/Telford and Borderlands)

Saturday, April 27th 2024.
From 7.30pm - 10.30pm
The Arthur Rowley Suite,
Ground floor,
Shrewsbury Town Football Club,
Oteley Road,
SY2 6ST.

Autonomy was 20 years old in January and we did not want to overload our members with too many parties all in a row.

April is also World Autism Acceptance Month and we normally have a celebration of some sort then so why not have a party instead!

There will be a buffet, birthday cake and a bar. More details about the party are on page 2 of this newsletter.

Current and past members and family members are welcome to attend so please let Sara know if you are coming by Saturday, April 20th. There is also plenty of parking at the club.

Autonomy Social Events *open to all members*

Telford Socials:

The Severn Gorge, Southwater Way, SATNAV: TF3 4FU (01952) 290404
- **Monday March 4th**
- **Monday April 1st (Easter Bank Holiday)**

from 6:30pm - about 10:00pm.

The Bridgebuilder, Wrekin Retail Park, Wellington, TF1 2DE
- **Monday, March 18th**
- **Monday, April 15th**

from 6:30pm - about 10:00pm.

Shrewsbury Socials:

Ten Pin Bowling at:
AMF Bowling, SY1 3AZ
- **Tuesday, March 12th**

from 6:30- 7.30pm. Cost is £3.40.
Meet in the bar area, one bowling game. ***Members have asked to go to The Featherbed, Battlefield Road, Shrewsbury SY1 4AB for a trial social after bowling at 7.45pm so please arrive promptly for the bowling game.***

The Hole in the Wall
(we will be back at the Beaten Track in May)
1, Shoplatch, SY1 1HF,
(01743) 271847
- **Tuesday, March 26th**

from 7:00pm - about 10:00pm.

The Abbey, 83, Monkmoor Road, SY2 5AZ,
(01743) 236788
- **Tuesday, April 9th**

from 7:00pm - about 10:00pm.

The Beacon Pub, Copthorne Road, SY3 8LP
(01743) 344286
- **Tuesday, April 23rd**

from 7:00pm - about 10:00pm.



More party details:

Food

The buffet will include: a selection of wraps, cheese and tomato pizza, plain chicken goujons, mini burgers and mini sausages, potato wedges, open rolls, houmous and crudités and a fresh fruit platter.

There will be vegetarian/vegan food and this will be kept separate from any meat.

There will also be a cake, and if members have specific dietary requirements please let Sara know.

Guests

The Deputy Mayor of Shrewsbury Town Council has been invited to this event as the Mayor is running a fundraising ball that evening.

This party is for Autonomy members and the local autistic community, you are welcome to suggest guests from Telford and Shropshire including an organisation or other professional.

Please let Sara know who they are and an invitation will be sent to the person, people or organisation.

Entertainment

We have not yet organised our entertainment, but updates will be featured on our Facebook group page.

Dress code

Smart comfortable and casual clothing but you can also dress up if you wish to.

NHS Digital

Reasonable Adjustment Flags

Disabled people are entitled to have reasonable adjustments with accessing the NHS due to the Equality Act 2010. The NHS has developed a digital system where most disabilities can be flagged up on your NHS medical record to be seen by other NHS professionals and therefore accommodating your additional needs.

There is more information about the system here: Reasonable Adjustment Flag - NHS Digital

The idea of the flag system is so that disabled people do not have to keep repeating themselves ie telling lots of different NHS professionals eg mental health staff A&E and hospital staff, dentists, physios etc that you are autistic, and may have ADHD, learning difficulties and/or communication issues etc.

When the information is uploaded your additional needs will flag up when your NHS file is opened and will be seen and read (and should be taken into account) when you are meeting with professionals in different areas of the NHS.

Autism and other neurodivergent conditions are under Section 9 and will often need social or communication support, but some people require a specific contact method or information format, eg in text or attending with assistance from a person who can speak for them, or a support animal due to anxiety and these can be put as a flag.

The NHS Reasonable Adjustment Flag system does sound a bit complicated at first, but each issue has what is known as a 'SNOMED CT' code. You can request that the codes are added to your NHS file.

Here are all the codes and what they mean and you can also download a PDF copy of the codes from this link. Reasonable adjustments impairment and adjustment codes - NHS Digital

For more information please contact Sara and can also mention the flag system to the NHS staff you are accessing as the flags can be put on the system by them too.