Autonomy Newsletter

Issue 118

September 2024

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Autonomy 4 Women

Our next meetings this year will be:

Wednesday, September 18th, Wednesday, October 16th

from 6.30pm - about 9:00pm

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

See you there!

Our next Autonomy newsletter (Issue 119) will be the November, 2024 edition.

Autumn Outing on the Severn Valley Railway

On Saturday, September 14th 2024 our outing will be on the Severn Valley Railway: http://www.svr.co.uk/. We last went there in April 2015!

Members must book a place with Sara by Sunday, September 8th so she can get the cheaper Freedom of the Line tickets - these allow you to choose the trains that you go on.

It would help if members with cars offer members without a car a lift there and back. A small contribution can be given to the driver for doing this - see page 2 for more information.

We will be travelling on timetable B on page 2 of this newsletter. Please meet at Bridgnorth Station at 10.15am. The first train is the 10.30am to Kidderminster. Highley station is where you can get off and visit the Engine Shed. Members can then take the steam train to a choice of station. The last station is Kidderminster where you can visit the museum and the cafe. You can then decide to return on one of the later trains.

Please note that the first and last trains of the day use the ***Diesel Multiple Unit (DMU)* which '*has limited accommodation for wheelchairs and mobility scooters*'. Members should check access and take a later train to Kidderminster and an earlier one to Bridgnorth if not accessible.**

The trip is free thanks to donations from our supporters. You must book a place. You can phone: 01743 821363; text: 07895142801; message Sara on Facebook or email: sara@shropshireautonomy.co.uk

Autonomy Social Events *open to all members*

Telford Socials:

The Severn Gorge, Southwater Way, SATNAV: TF3 4FU (01952) 290404
Monday, September 2nd and Monday, October 7th
from 6:30pm - about 10:00pm.

The Bridgebuilder, Wrekin Retail Park. Wellington, TF1 2DE, (01952) 243741
Monday, September 16th
Monday, October 21st
from 7:00pm - about 10:00pm.

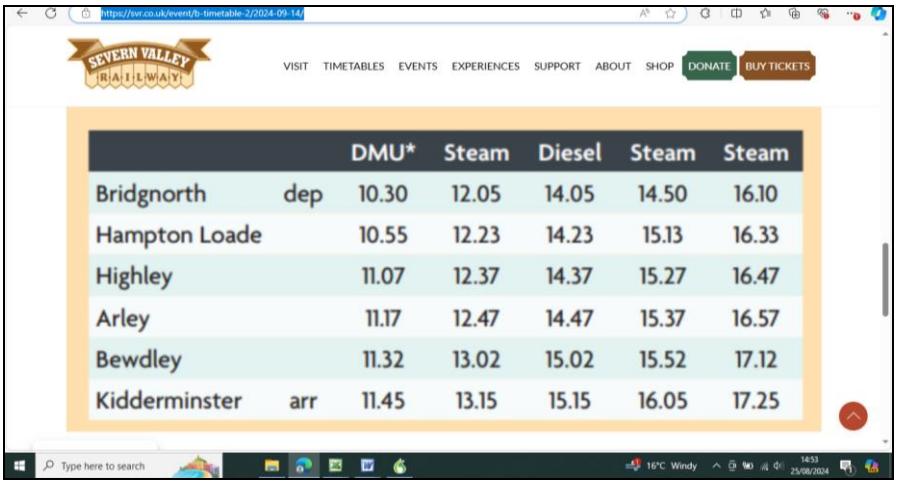
Shrewsbury Socials:

Ten Pin Bowling at: **Hollywood Bowl, SY1 3AZ** on **Tuesday, September 10th from 6:30-8pm.** **Cost is free!** Meet in the bar area, one bowling game. ***Some members will be going to The Featherbed, Battlefield Road, Shrewsbury SY1 4AB for a social after bowling at 7.45pm-8.15pm so please arrive promptly for the bowling game.***

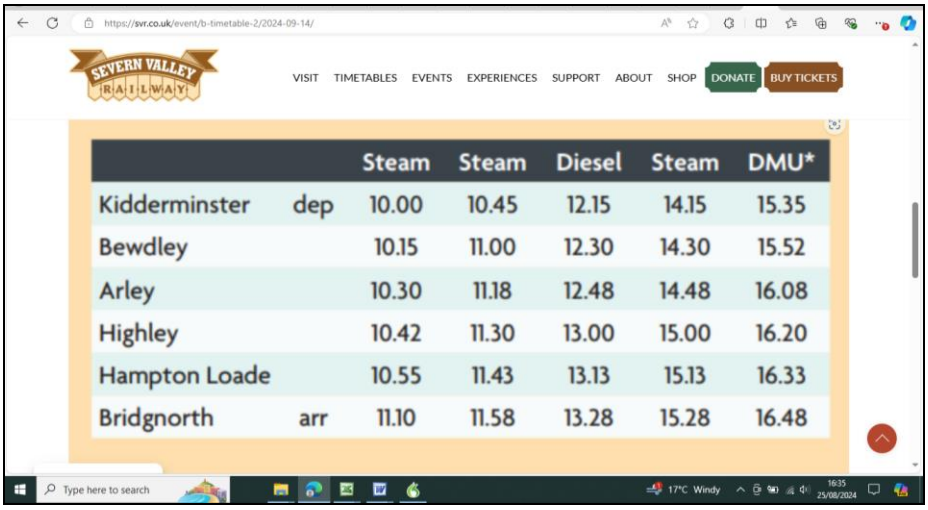
The Beaten Track, Old Potts Way, Shrewsbury SY3 7ET (next to Cineworld) on **Tuesday, September 24th from 7:00pm - 9:00pm (closes early).**

The Abbey, 83, Monkmoor Road, SY2 5AZ, (01743) 236788, **Tuesday, October 8th from 7:00pm - about 10:00pm.**

The Beacon Pub, Copthorne Road, SY3 8LP (01743) 344286 **Tuesday, October 22nd** from **7:00pm - about 10:00pm**.



		DMU*	Steam	Diesel	Steam	Steam
Bridgnorth	dep	10.30	12.05	14.05	14.50	16.10
Hampton Loade		10.55	12.23	14.23	15.13	16.33
Highley		11.07	12.37	14.37	15.27	16.47
Arley		11.17	12.47	14.47	15.37	16.57
Bewdley		11.32	13.02	15.02	15.52	17.12
Kidderminster	arr	11.45	13.15	15.15	16.05	17.25



		Steam	Steam	Diesel	Steam	DMU*
Kidderminster	dep	10.00	10.45	12.15	14.15	15.35
Bewdley		10.15	11.00	12.30	14.30	15.52
Arley		10.30	11.18	12.48	14.48	16.08
Highley		10.42	11.30	13.00	15.00	16.20
Hampton Loade		10.55	11.43	13.13	15.13	16.33
Bridgnorth	arr	11.10	11.58	13.28	15.28	16.48

Giving lifts to Autonomy members.

I have suggested that members with a car give other members a lift to Bridgnorth on Saturday, September 14th.

I've looked up what members can ask their friends to contribute towards fuel costs - and found a useful webpage about it. The main thing to remember when giving a member/friend a lift is that *you must not make a profit from the money they give you - as that would mean you were acting as a taxi*. The money they give you should only cover the extra costs of the passenger so the cost of the journey should be split amongst all the passengers eg if you are going from Telford to Bridgnorth and you give a lift to a Telford member, then it is ok to ask for him/her/them for a contribution towards petrol/diesel, but this must be agreed in advance. If two of you are going and you offer a lift to a third person then the fuel costs should be shared 3 ways.

There are also different rules with regard to giving lifts and asking for travel money in mobility vehicles as they are not owned by the person but leased to them through Motability, so best check what you are allowed to do on their paperwork.

There is information on car sharing from the ABI here.

This is the link so you can calculate the amount of fuel you use. https://fuelcostcalculator.uk/ and this can help you make sure that what you ask for is fair.

Autistic Burnout

Sara is always learning more about autism so she subscribed to the free emails from Patty Laushman at Thrive Autism Coaching. You don't have to use their services to get the emails and here is a link to a recent one:
Understanding Autistic Burnout in Adults (thriveautismcoaching.com).

According to Patty, autistic burnout 'is a term coined by the autistic community to describe an intense physical, mental, and emotional exhaustion, accompanied by a loss of skills, such as executive functioning skills or selective mutism, and increased sensitivity to stimuli. It's an experience all too familiar for many people on the spectrum, so much so that they've given it its own name'.

She suggests that 'is a state of intense exhaustion that many autistic people experience, often resulting from the continual strain of coping with a world that is primarily designed for neurotypical individuals. This exhaustion can manifest as a loss of skills that were previously mastered, a heightened sensitivity to stimuli, and an overwhelming need for rest and recovery'.

Patty adds that autistic burnout 'can occur at any age and is frequently triggered by major life changes or periods of sustained stress. Unlike regular burnout, which is typically linked to work-related or other life demands, autistic burnout results from the cumulative effort of *being* autistic – navigating social, sensory, and cognitive demands that often do not accommodate the needs and experiences of autistic individuals'.

This helpful article then goes into a lot of detail about the causes of autistic burnout and also ways to help to prevent it and also recover from it. Thanks to Patty!