Autonomy Newsletter

Issue 121
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Autonomy 4 Women

Our next meetings this year will be:

Wednesday March 19th

Wednesday April 16th

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 122) will be the May 2025 edition.





Autonomy 'Celebrating Differences'.

Acting for Camera Workshop Weekend

with Rocking Horse Media, from 10am-3pm on Saturday and Sunday 12/13th April 2025 in Oswestry. Venues to be confirmed.

Sara has organised the above workshop which is similar to the one we ran in February 2023 and will be in tribute to our late member Darren Forster who loved acting and enjoyed our first workshop.

The Acting for Camera event is a brilliant opportunity for us to learn more about film making from Gareth Thomas and his volunteers from Rocking Horse Media. The two days will offer acting, sound and filming experiences, and we will be including music in our workshop too so Autonomy musicians will be made very welcome!

You will need to book a place with Sara and it would be great if members could give lifts to participants who don't have transport; lifts can be had from Gobowen Train Station if there are no strikes on the days.

Tea, coffee, water, squash and biscuits will be available at breaktimes. Please bring a packed lunch.

You can see what our last workshop was like on page 2.

Autonomy Social Events *open to all members*

Telford Socials:

The Severn Gorge, Southwater Way, SATNAV: TF3 4FU (01952) 290404
Monday March 3rd
and Monday April 7th
from 6:30pm - about 10:00pm.

The Bridgebuilder, Wrekin Retail Park, Wellington, TF1 2DE
Monday, March 17th
Monday, April 21st
from 6:30pm - about 10:00pm.

Shrewsbury Socials:

Ten Pin Bowling at: Hollywood Bowl, SY1 3AZ on Tuesday, March 11th from 6:30- 7.45pm. Cost is FREE. Meet in the bar area, one bowling game. *Some members will go to The Featherbed, Battlefield Road, Shrewsbury SY1 4AB for a social after bowling at 7.45pm so please arrive promptly for the bowling game.*

The Hole in the Wall *(we hope to be back at the Beaten Track on May 27th but may stay at the Hole in the Wall if the planned refurbishment goes ahead.*
1, Shoplatch, SY1 1HF,
(01743) 271847
on Tuesday, March 25th
from 7:00pm - about 10:00pm.

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

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

Here are some photos from our first Acting for Camera Workshop in February 2023.

Photos by Sara, Paul Garrett and Bob's Rocking Snaps

In our first workshop our lived experience Autonomy members were asked to teach Betty about being an autistic character (with our late member Darren Forster).



Gareth Thomas was the director and lead camera man.



James, Joe, Thomas and Vicky decided to act out a café scene. Here they are with Betty.



Darren, Sara, Molly, Stuart and Holly decided to act out an HMV shop.



Here we are at the end of Day One.



On Day Two we planned what to do and then acted out our plays with actress Orla Jones.



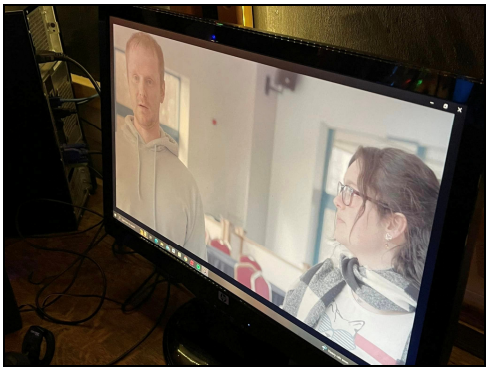


Darren was on sound and Gareth did the filming. This took longer than we expected!



We then celebrated having made our short films.

Gareth then showed our films at our Autism Acceptance celebration at the In Good Hands Café on Saturday, March 30th 2023







In Good Hands photos by Sara.

We hope to show our new films at the In Good Hands Café in May or June this year.