Autonomy Newsletter
Issue 122
May 2025

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Autonomy 4 Women

Our next meetings this year will be:

Wednesday May 21st

Wednesday June 18th.

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 123) will be the July 2025 edition.

Free outing for Autonomy members

https://www.chesterzoo.org

On Saturday, June 21st we will be revisiting Chester Zoo we last went there in Spetember 2019. Please let Sara know you wish to come.

The trip will be free for members and you will be reimbursed for travel costs. There are shops on site. Bring a packed lunch and drinks or buy them at the cafes or restaurants.

We will be travelling by train and bus unless members decide to go by car - car travellers should meet at the zoo entrance at 11:00ish. Telford members should take the 08:58 train and Wellington members take the 09:06 train and get off at Shrewsbury station at 09.20. You will need to buy day return tickets to Chester and these will be reimbursed by Autonomy. Please use Disabled Rail Cards as these will help reduce costs for 2 members.

Shrewsbury members need to meet at the station at 08:55. We will then all take the 09.26 train from Shrewsbury to Chester at 10.21. We will aim to get the 10.28 X1 Stagecoach bus to the zoo arriving at 10.50. Please bring your bus pass if you have one.

We will be paying the carer/cared for rate and Sara will show evidence of PIP/Disability with her letter.

On the way back we will need to catch the 16.46 bus from Chester Zoo arriving at Chester Station at 17.00, (or the 17.01 getting there at 17.20). We will then take the 17.31 through-train to Shrewsbury arriving at 18.27, Wellington at 18.45 and Telford at 18.52.

Please do not just turn up as we need to book our places. Bookings can be made to Sara via Messenger, text or email and the deadline for booking is June 7th. Sara will confirm the trip is happening the week beforehand.

Autonomy Social Events *open to all members*

Telford Socials:

The Severn Gorge, Southwater Way, SATNAV: TF3 4FU (01952) 290404
Monday, May 5th (May Bank Holiday)
and Monday, June 2nd
from 6:30pm - about 9:30pm.

The Bridgebuilder, Wrekin Retail Park, Wellington, TF1 2DE
Monday, May 19th
Monday, June 16th
from 7pm - about 10:00pm.

Shrewsbury Socials:

Ten Pin Bowling at: Hollywood Bowl, SY1 3AZ on Tuesday, May 13th 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-8pm so please arrive promptly for the bowling game.*

The Beaten Track, Old Potts Way, Shrewsbury SY3 7ET (next to Cineworld) on Tuesday, May 27th from 7:00pm - 9:00pm.

The Red Barn, 108 Longden Road, Shrewsbury, SY3 7HS
(due to the closure or refurbishment of The Abbey)
Tuesday, June 10th
from 7:00pm - about 10:00pm.

The Beacon Pub, Copthorne Road, SY3 8LP
(01743) 344286
Tuesday, June 24th
from 7:00pm - about 10:00pm.

Shrewsbury Autonomy Music and Talent Evening Thursday, May 15th from 7-10pm at In Good Hands Community Café.

Please let Sara know if you are coming. Musicians should set up from 6.30pm for a 7pm start. We can also have karaoke if members wish. All welcome. Each participant/ member will have 2 free drinks. Please let Sara know if you are coming.

Autonomy Autism Acceptance Month Acting for Camera Workshop with Rocking Horse Media

Our weekend workshop on April 12/13th was at Ro Loz Nightclub in Oswestry. On the Saturday we had to design a scene and were split into 3 groups. Stuart and Holly were the judges. The chosen scene focussed on autism and was called 'Just a Misunderstanding'.

In brief, Sara dropped her ring and Stacey, as an autistic character, wanted to keep it, because it was sparkly and she wouldn't give it back! We had an argument with her carer (Tracy) and Kate. Missi, the barmaid came over, Ben showed the evidence it was Sara's and then Peter, the bouncer, turned up!

On the Sunday, we had makeup done by Chelsea and Jenny. We then rehearsed and were fitted up with microphones by Adam (Crew). Connor was a customer at the bar and Scott was sweeping the floor, (as Mark Parry was unwell on the day). Lorna was involved with filming and Anthony was in charge of the clapperboard! The filming was in one-shot (but 4 times) with the professional steadicam (body held camera) crew, Phil, Chris, Adam and Daryl.





Warming up with Kate Coldron



Working out our script





Makeup for Laura and Ben with Jenny Martin



Phil with the steadicam with focus puller, Chris.



Stacey being fitted with her mic by Adam.



Scott entertaining us at lunchbreak





Scott, Anthony and Connor ready for filming.



Autonomy members and the Rocking Horse Media team and film crew celebrating after filming!

Photos by Sara and Bob's Rocking Snaps.