Autonomy Newsletter

Issue 124

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Autonomy 4 Women

Our next meetings this year will be:

Wednesday, September 17th, Wednesday, October 15th

from 6.30pm - about 9:30pm

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

See you there!

Our next Autonomy newsletter (Issue 125) will be the November, 2025 edition.

Autonomy Social Events Update.

Change of pub venue:
We have recently had a major problem finding pubs in Shrewsbury that offer a simple and predictable pub style menu.

We had been at the Abbey for many years but decided to move from the pub after their refurbishment. They now serve 'Asian Fusion' food and have also put their prices up as they used to offer some good deals.

We then booked to go to the Red Barn, which, at the time, offered a basic, good value menu. Sadly this pub is now an Indian Grill so we had to cancel our booking and meet at Montgomery's Tower last month instead!

The members were then asked where they would like to move to and they recommended the Red Lion Battlefield, SY1 4AB, which is just up the road from the Featherbed and Tesco.

We are now booked at the Red Lion for our first Shrewsbury October Social. They offer what are known as Pub Classics eg fish and chips, sausages, pasta, chicken, gammon, steak, pies and some curries too - we hope that they decide not to change their menu too!

Autonomy Social Events *open to all members*

Telford Socials:

The Severn Gorge, Southwater Way, SATNAV: TF3 4FU (01952) 290404
Monday, September 1st and Monday, October 6th
from 6:30pm - about 10:00pm.

The Bridgebuilder, Wrekin Retail Park. Wellington, TF1 2DE, (01952) 243741
Monday, September 15th
Monday, October 20th
from 7:00pm - about 10:00pm.

Shrewsbury Socials:

Ten Pin Bowling at: **Hollywood Bowl, SY1 3AZ** on **Tuesday, September 9th 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 23rd from 7:00pm - 9:00pm (closes early).**

***The Red Lion*, Battlefield, SY1 4AB** (01743 443291) **Tuesday, October 14th**
from 7:00pm - about 10:00pm.

The Beacon Pub, Copthorne Road, SY3 8LP
(01743) 344286
Tuesday, October 28th
from 7:00pm - about 10:00pm.

Autonomy for Women's 15th Birthday Outing!

Some Autonomy for Women members decided to go to the British Ironwork Centre in July to celebrate being 15 years old.

We had a great time there (except for the wasps!) and all enjoyed the day out looking in the shops and also at the amazing sculptures.

The food is lovely and entry to the centre is half price if you have a blue badge and carers go in free too!





BRITISH IRONWORK CENTRE

Rocking Horse Media Workshop Film Showing Update:

Members will be aware that we had our Rocking Horse Media Acting for Camera Workshop at the Ro-Los Nightclub in Oswestry. We have been waiting for Gareth Thomas to organise a film showing but he has not yet been able to find a suitable venue.

Our members are very much looking forward to seeing the film. Gareth wants this to be a big celebration event and a tribute to our late member, Darren Forster. Gareth has also planned to show our February 2023 film as well as the one we did earlier this year.

As such, we cannot publicise this event yet but we hope it will be in the next 2 months. Sara will let you know about it via email and on Facebook.

With the possibility of an event clashing with the Film showing, Sara will not be booking any activities other than the pub socials until after our Christmas Dinners in December.

AuDHD explained

As we are aware, many of our Autonomy members have diagnoses of autism and also ADHD. There is a new acronym 'AuDHD' which is now being used by and with those who have both conditions.

The hyperlinks, in the articles below, show that there is a lot of evidence of the co-existence of ADHD and autism - one suggesting 40-70% and one stating that it is more like 75%.

AuDHD: When Autism and ADHD Co-Occur (verywellmind.com).

The sudden rise of AuDHD: what is behind the rocketing rates of this life-changing diagnosis? | Health & wellbeing | The Guardian

There does not seem to be a consensus of opinion, but it is becoming clear that there is a significant overlap between the two conditions. This could be a main reason why many ADHD people do not meet the very strict criteria for the autism 'impairment model' in most diagnostic assessments.

It is good to know, however, that the link between the two conditions is being recognised nationally eg The Autism Show is now called The Autism and ADHD Show and some local authorities are now including ADHD in their Autism Partnership Boards.