Autonomy Newsletter

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Sara and Eric Heath
www.shropshireautonomy.co.uk

Contact us on
01743 821363
07895142801
or Autonomy via
@AutonomyASD
or at
sara@shropshireautonomy.co.uk

Autonomy 4 Women

Our next meetings this year will be:

Wednesday, July 15th

Wednesday, August 19th

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 130) will be the September 2026 edition.



Autonomy has won two 10th Annual West Midlands Enterprise Awards!

Autonomy was nominated for the awards earlier this year. In May Sara was asked to provide supporting information about our group and what we do. She is pleased to announce that, following the judging and evaluation process, **Autonomy** was recognised as the deserving recipient of the: **Best Autism Spectrum Disorder Support Group 2026 - West Midlands and the Inclusive Social Group Excellence Award 2026 - West Midlands.**

Well done to our committed members! It is great to know that our group has been recognised for the work that we do. These awards also complement Autonomy being a Highly Commended Finalist at the National Autistic Society Innovation Awards in 2014.

Autonomy will be mentioned free online in August. Sara won't be going to the ceremony due to the cost and we don't need a plaque as Sara has already has a nice collection of Autonomy Football trophies and also the awards Sara was given in 2014 and in 2024 - including being Lady Sara Heath at our 20th birthday celebrations!)

Autonomy Social Events *open to all members*

Telford Socials:

The Severn Gorge, Southwater Way, SATNAV: TF3 4FU (01952) 290404
Monday, July 6th
and Monday, August 3rd
from 6:30pm - about 9:30pm.

The Bridgebuilder, Wrekin Retail Park, Wellington, TF1 2DE
Monday, July 20th
Monday, August 17th
from 7:00pm - about 9:30pm.

Shrewsbury Socials:

Ten Pin Bowling at: **Hollywood Bowl, SY1 3AZ** on **Tuesday, July 14th** from 6:30-8pm. **Cost is free.** Meet in the bar area, one bowling game. ***Some members will be then be going to The Featherbed, Battlefield Road, Shrewsbury SY1 4AB at 7.45.***

The Hole in the Wall
1, Shoplatch, SY1 1HF
(01743) 271847
on **Tuesday, July 28th**
from 7:00pm - about 9:30pm.

Red Lion, 29 Battlefield Road, Shrewsbury SY1 4AB
(01743) 443291
on **Tuesday, August 11th**
from 7:00pm - about 9.30pm.
Please look for our reserved tables.

The Beacon Pub, Copthorne Road, SY3 8LP
(01743) 344286
on **Tuesday, August 25th**
from **7:00pm - about 9:30pm**.

Congratulations to Mr and Mrs Edwards!

I've been told that Holly and Stuart already knew each other but re-kindled their relationship at Autonomy. They got married on May 29th with their beautiful wedding ceremony being at the Park Hall Hotel in Shifnal, They invited a few Autonomy members as well! Here are some professional photos with permission from Holly and Stuart.











Autonomy Golf Experience

Autonomy members are invited to attend a golf meet at **Shrewsbury Driving Range, Telford Way, Shrewsbury, SY2 5XQ** http://www.shrewsburydrivingrange.com this summer. This event is for complete beginners, returning golfers, and also experienced players.

The meet will be facilitated by Lincoln Birch who is a PGA golf professional. Some of you might remember helping him with his golf and autism research last year.

Lincoln would like the members to experience the driving range environment with his support. Questions will be welcomed - there will be no coaching unless an explanation or demonstration is needed to answer it!

No previous golfing experience is required, and golf clubs can be hired at the facility. Members can also choose to watch instead as there will be no expectations concerning ability, participation, or interaction.

This will be a trial session but it could become a regular event. We will book a date and time in the week in July/August that works for most participants. Please message or text Sara if you want to come.

Autonomy 'Xtra' Board Games Club

Members may well know about the small independent Scrabble Club run by Arthur Lockley which is still running in the café area of Wellington Library from **7pm-9pm on the second Wednesday of the month unless it is holiday time.** If you are interested in coming please email Sara. The previous Autonomy Board Games Club, run by Mark and Carol Burton sadly closed and Autonomy now has second Telford Pub meet at the Bridgebuilder.

Will, Chris and Kevin have set up a new, free to join, independent 'Autonomy Xtra' Shrewsbury based Board Games Club in 'the Vaults' (the cellar) at the **Hole in the Wall, 1 Shoplatch, SY1 1HF, (01743) 271847 from 6.30-10pm on the 2nd and 4th Sundays of each month.**

All members are welcome and attending the club is free and you can buy meals and refreshments from the bar.

The club has a large collection of board games and you can also bring your own to play at the club.

The next meetings are on Sunday July 12th and 26th and August 9th and 23rd.

For more information about the Shrewsbury club email: autonomyextra@gmail.com