Autonomy Newsletter

Issue 130

September 2026

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Autonomy 4 Women

Our next meetings this year will be:

Wednesday, September 16th, Wednesday, October 21st

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 131) will be the November, 2026 edition.

Golf Experience Sessions

We were pleased to be able to run an initial, free, golf Meet-up experience session at the Shrewsbury Driving Range on Friday, August 28th for our members with the support and coaching from Professional Golf Association member, Lincoln who is autistic. He did some research last year with Autonomy members into the inclusion of autistic people in the sport of golf. Since having the research published he has set up the Autistic Golfing Society (a Community Interest Company) with the aim of exploring autistic golf participation further. The golf Meet-Up experience sessions with our members are, and will be, both helpful for his research into coaching best practices guidance as well as developing or improving members coordination and golfing skills!

We have booked 3 more free sessions at the Shrewsbury Driving Range **on Friday, September 25th, Friday, October 30th** and **Friday, November 27th** with the sessions running from **2.30-4pm** and **4.30-6pm** each time. Please arrive 10 minutes early if you can.

To apply to attend a session, (limited to 6 members each) members will need to book a place in advance on the: https://site.autisticgolfsociety.org/sdr-meetup/ where you will be able to learn about the driving range and read important health and safety information. *You will also need to complete the PARQ form with contact details, any additional support or health needs and an emergency contact number before you attend.* Lincoln will need this information as you will each get about 10 minutes of 1-1 golf tuition/support.

If you find it difficult to complete the online forms then please do ask Sara for help as there are alternative ways to send Lincoln that information.

Autonomy Social Events *open to all members*

Telford Socials:

The Severn Gorge, Southwater Way, SATNAV: TF3 4FU (01952) 290404
Monday, September 7th and Monday, October 5th
from 6:30pm - about 9:30pm.

The Bridgebuilder, Wrekin Retail Park. Wellington, TF1 2DE, (01952) 243741.
Monday, September 21st
Monday, October 19th
from 7:00pm - about 9:30pm.

Shrewsbury Socials:

Ten Pin Bowling at: **Hollywood Bowl, SY1 3AZ on Tuesday, September 8th from 6:30-8pm.**
Cost is free! Meet in the bar area, one bowling game. ***Some members will be going to **The Red Lion** for a social after bowling so please arrive promptly for the bowling game. The move is because Red Lion's kitchen stays open later than the Featherbed's.***

The Beaten Track, Old Potts Way, Shrewsbury SY3 7ET (next to Cineworld) on **Tuesday, September 22nd from 7:00pm - 9:30pm**

The Red Lion, Battlefield, SY1 4AB (01743 443291) **Tuesday, October 13th from 7:00pm – 9.30pm.**

The Beacon Pub, Copthorne Road, SY3 8LP (01743) 344286
Tuesday, October 27th
from 7:00pm - about 9:30pm.

Golf Meet-up Experience update cont/d.

Our golfing Meet-up experience afternoon was great fun and all who attended had a good learning experience

The 2.30pm session was with Sara, Joe Grocott-James and Dan Woodvine. The 4.30pm session was with Will Storey, Catherine Jones and her partner Peter, Holly and Stuart Edwards and Chris Ralph - with Kevin doing a great job of setting things up. We all enjoyed revisiting an old sport or learning a new one!




Joe and Dan with the driving range behind them.



Holly, Stuart, Sara, Will, Chris, Catherine and Peter after their session.

(Photos by Sara and Kevin).



Update from the May Rocking Horse Media Workshop

On Saturday, May 29th we had our third RHM workshop at the Hive in Shrewsbury. Although there were only 3 Autonomy members (me, Thomas Vaughan and Neil Robson) we learned a lot about the art of filming and we got to see and use some tech eg the sound equipment and about the different lighting techniques and also worked on setting up scenes. The last part of the workshop was the filming of our short comedy with a garden centre theme.

Our next workshop will be at The Hive www.hiveonline.co.uk in November as we were not able to organise a date before then. This will be the Talking Heads session focused on our Autonomy group in preparation for the production of our very own website film.



Thomas and Eliot (sound and lighting) with Abi.



Sara, Neil, Thomas and Harriet (production designer) not-to-forget 'Henry' the Rocking Horse.



The Team with Gareth and Phil (Production Manager). Photos by Bob's Rocking Snaps.

Board games clubs:

Will, Chris and Kevin run 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 Hole in the Wall bar.

There is also a new free to join Board and Card Games Club, again run by Will and Kevin which started on Thursday August 27th at the Louise House cafe area. This will be run every Thursday from midday to 3pm.

This is not an official Autism Hub run activity so is open to all Autonomy members (Shropshire and Telford and Borderlands) not just Shropshire based ones.

The Louise House cafe will be open for low cost drinks and snacks.

Both of the above clubs have a large collection of board and card games and you can also bring your own to play there.

For more information about both clubs or to ask to join it please email: autonomyextra@gmail.com.