Autonomy Newsletter
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Sara and Eric Heath wish you each a Merry Christmas and a Happy New Year!

Autonomy 4 Women

Our last meeting for this year will be from 6:30pm-about 9:30pm on Wednesday November 18th at:

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

Our next Autonomy newsletter (Issue 132) will be the January 2027 edition.

Autonomy Christmas Dinners - *the Telford meal is at 6.30pm and the Shrewsbury meal is at 7pm*.

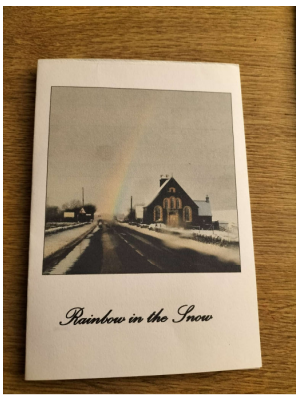
Autonomy Christmas Dinners will again be free for Autonomy members this year, funded by We Are All Making a Difference Charity Trust with carvery, fish, vegetarian and vegan meals to choose from.

You must book a place & choose a Christmas meal by November 20th. Meals will be at the Severn Gorge in Telford, Monday, December 7th or The Featherbed, Battlefield, Shrewsbury, Tuesday, December 8th. Please see page 3/4 menu choices and info on how to book.

Autonomy Christmas Card Competition

Please send Sara one winter or Christmas themed photo, painting or drawing per entrant and it could be chosen by our members in a poll. An increased sum of £15 will be paid for the use of the picture and your name will be credited too. (See page 2 for the current rules which have aimed to make it fairer).

We had one clear winner out of 7 entries for our Christmas Card Competition last year with Ashley Goldstraw's first win with his Rainbow in the Snow photo.



Autonomy Social Events Telford Socials:

Telford Pub Socials at: The Severn Gorge, Southwater Way, SATNAV: TF3 4FU
(01952) 290404
Monday, November 2nd
from 6.30pm- about 10.00pm
Christmas Dinner,
Monday December 7th
from 6.30pm- about 10.00pm

The Bridgebuilder, Wrekin Retail Park. Wellington, TF1 2DE, (01952) 243741
Monday, November 16th
from 7:00pm-about 10:00pm.

No Bridgebuilder social in December

Shrewsbury Socials:

Ten Pin Bowling at: Hollywood Bowl, Shrewsbury, SY1 3AZ
Tuesday November 10th from 6:30-7:45pm Cost FREE. Meet in the bar area, one bowling game.
Some members will be going to The Red Lion, 21, Battlefield Road, Shrewsbury SY1 4AB for a social after bowling at 7.45pm-8pm so please arrive promptly for the bowling game.

The Hole in the Wall 1,Shoplatch, Shrewsbury SY1 1HF, (01743) 271847
on **Tuesday, November 24th**
from **7:00pm- about 10:00pm**.

Christmas Dinner at: The Featherbed, Battlefield Road, SY1 4AB. 01743 460217
Tuesday, December 8th
from 7:00pm-about 10:00pm*

***No Red Lion social in December*.**

Lights Camera, Autonomy!

Our next Rocking Horse Media film session will be on Sunday, November 8th from 1-4pm at The Hive, 5 Belmont, Shrewsbury, SY1 1TE (01743 234970) https://www.hiveonline.org.uk/

Message from Gareth:

This workshop will see Autonomy members taking the next exciting steps towards creating their own promotional video for the group and website.

Building on the skills explored in previous sessions, we will focus on filming 'talking-head interviews' giving members the opportunity to share their personal experiences of Autonomy, what the group means to them and the difference it has made in their lives.

There will also be opportunities to get involved behind the scenes, working with the professional film sound and lighting equipment under the guidance of the RHM team. As always, the session will be inclusive and accessible and to encourage participation in ways that suit members' interests and comfort levels.

We can't wait to work with you all to bring this project to life - a promotional video about Autonomy made by Autonomy's own members!

Update on Autonomy Golf Experience Meetups at Shrewsbury Driving Range.

As featured in the September Autonomy newsletter, we had our first session with Lincoln in August at the Shrewsbury Driving Range, Telford Way, Monkmoor, Shrewsbury, SY2 5XQ, 01743 354975. https://www.shrewsburydrivingrange.com/

The September session was sadly cancelled. There is one space free *with advance booking only* from **4.30-6pm** on **Friday, October 30th.** The last session for this year will be on **Friday, November 27th with the sessions running from 2.30-4pm and 4.30-6pm.**

Please arrive 10 minutes early if you can. If you have not previously attended a session, members ***must*** book a place in advance on the: **https://site.autisticgolfsociety.org/sdr meetup/** (sessions are limited to 6/7 members each).

The form tells you about the driving range and 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 she can complete for form for you and there are also alternative ways to send Lincoln that information.

Christmas Card competition info:

These are the rules for the competition to help it to be fairer and based on merit

1. Please send only one image to Sara and choose it carefully. It will need to be with Sara by the deadline of **Friday, November 20th.**

2. All photos/images/ artwork will be uploaded to our Shropshire Autonomy Facebook group page at the same time for the poll - but members who are not on Facebook can vote by contacting Sara who can show them the images.

3. Each image will be anonymised, ie it will not feature the member's name and s/he should not encourage other members to vote for his/her photo.

4. The winner will be the one whose image has the most votes. If there is a joint winner (tie for first prize) each person will receive the same £15 prize money.

5. The winning photo is chosen by the members. Members can win multiple times as we have had the competition for 21 years now!

Good luck!

Menu choices for free Telford 'Festive Carvery' Dinner at the Severn Gorge, Telford Town Centre, at 6.30pm on Monday, December 7th
and the free Shrewsbury 'Festive Carvery' Dinner at The Featherbed, Battlefield, at 7pm on Tuesday, December 8th. They are the same choices as each other

Members who regularly attend socials can now have a FREE 2 course or a FREE 3 course meal. Parents and carers should pay for theirs.



For the Free 2 course meal please choose one starter and one main course or one main course and one dessert. For the Free 3 course meal you may choose a starter, a main and a dessert.



Here is the online menu, with allergen information for both pubs:
https://www.severngorgepubtelford.co.uk/christmas/

Starters:

- **Tomato Soup (V) - topped with pesto croutons and served with crusty bread & butter. (VE) option available**
- **Chicken Liver and Brandy Pâté (A) - a smooth pâté served with caramelised red onion chutney and toasted bread & butter.**
- **Prawn Cocktail – succulent prawns topped with a Marie Rose sauce a bed of shredded iceberg lettuce, with cucumber ribbons, with a dusting of paprika. Served with multigrain bloomer bread and butter and a lemon wedge.**
- **Breaded mushrooms (V*) - fried crispy breaded mushrooms with garlic mayonnaise sprinkled with chopped chives.**

Main courses: served with potatoes, seasonal vegetables, stuffing and gravy and sauces from the carvery, unless otherwise stated.

- **A carvery featuring Roast Turkey, Roast Beef, Roast Pork and Honey Roast Gammon hand-carved by our chefs, served a pig in blanket, with pork stuffing and a home-made Yorkshire pudding.**
- **Grilled salmon (A) - grilled salmon fillet served with a white wine seafood butter sauce.**
- **Spinach and Butternut Squash Tart (V) - filled with a creamed spinach, cranberry and butternut squash sauce, topped with onion and pumpkin seed crumb. Served with stuffing and a home-made Yorkshire pudding. (VE) When served with vegan accompaniments from the carvery and without the Yorkshire pudding.**
- **Festive Beefburger - two beef patties, layered with melted Brie, shredded chicken in a barbecue cranberry sauce, and iceberg lettuce, served in a toasted bun. Topped with a pig in blanket and pork stuffing, served with skin on fries and a burger sauce dip.**

- **Festive Mac and Cheese - macaroni pasta bound in a rich Croxton Manor cheddar sauce. Topped with Mozzarella and Cheddar, pigs in blankets and pork stuffing. Finished with a barbecue cranberry sauce, crispy onions and chopped chives. Served with garlic bread and a salad garnish. No additional toppings.**

Desserts:

- **Christmas Pudding (V) (A) - a rich traditional Christmas pudding with warming winter spices, candied peel and rum soaked vine fruits. Served with brandy sauce.**
  (VE) (A) option when served with vegan vanilla flavoured ice cream instead of brandy sauce.
- **Lemon Tart (V) - a crisp pastry case filled with baked lemon curd. Served with vanilla flavour ice cream, raspberry sauce, and a chocolate orange wafer.**
- **Sticky Toffee Pudding (V) - sweet toffee sponge topped with rich toffee sauce and fudge pieces. Served with vanilla flavour ice cream.**
- **Dark Chocolate Mint Tart (V) - a biscuit base topped with indulgent dark chocolate and mint ganache with a cocoa powder dusting. Served with vanilla flavour ice cream, chocolate mint sauce and chocolate sticks. VE option is the tart without the icecream and chocolate sticks.**

(V) vegetarian (VE) vegan (A) contains alcohol (V*) vegetarian and vegan products cooked in the same oil (not guaranteed to be vegan).

Please do not just "turn up"! In fairness to all members, and due to the high numbers expected, you can attend only one Christmas Dinner at either The Severn Gorge (Telford) and The Featherbed (Shrewsbury). Please book your place by 10pm on Monday, November 20th.

We have a new way to choose your meal by filling in this form: Autonomy Xmas Celebration 2026 - Google Forms. It will confirm that your choices have been accepted. If you can't use the Google Form link, please contact Sara and she will send it to you. You can also make your choices by text: 07895142801, WhatsApp, Facebook message or email: sara@shropshireautonomy.co.uk but with so many members coming *if Sara has not confirmed your booking by text, email or message, please remind her to do so!*

You are welcome to come to the other pub when a Christmas Dinner is on, but please do not sit with the group until the meal is over. You can, of course, chat to members after the meal, as we do not wish you to feel left out. Thank you for your understanding.