



Autonomy
Newsletter
Issue 83
September
2017

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Autonomy 4 Women

Our next meetings
will be on:
Wednesday
September 20th
Wednesday October
18th

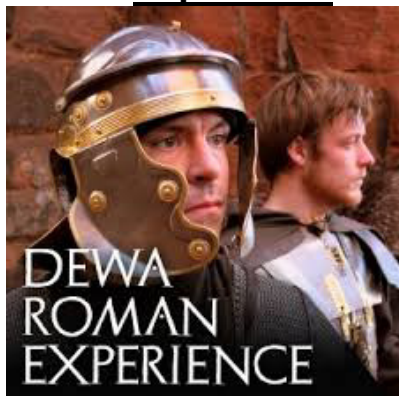
from 7:30pm- about
10pm
at:

The ALB
14, Smithfield Road
Shrewsbury
Shropshire
SY1 1PB
01743 367600

Please ask at the bar
for "Autonomy for
Women" and staff will
direct you to our
private room - we get
10% off food too!

**Our next
Autonomy
newsletter
(Issue 84) will be
the November
2017 edition.***

Free Outing to Dewa Roman Experience



On Saturday September 23rd
we will visit the Dewa Roman Experience at Pierpoint Lane, off Bridge Street, Chester, CH1 1NL (Jamie's recommendation)
<http://www.dewaromanexperience.co.uk/>

The trip will be free for members and carers have free entry. There is a gift shop on site. Bring a packed lunch and drinks or buy them in Chester.

We have a 17 seater minibus and aim to arrive at Dewa Roman Experience by 11am. We will pick up members in Shrewsbury at the Abbey Foregate car park (opposite the Abbey) at 9.15am. (Cost £1 to park all day) and at Wellington Library at about 9.45am (free parking in Long Stay car parks). We will park in a car park in Chester and walk to the venue.

We will first join the Roman Patrol at about 11.30 which takes an hour. We will then have time for lunch and then be free to explore the centre.

We plan to leave at 5.00pm, arrive in Wellington by about 6.15pm and in Shrewsbury by about 6.45pm.

If you wish to travel in the minibus you must book a seat for this outing with Sara or Eric by phone: 01743 821363; text: 07895142801; message Autonomy on Facebook; email: sara@shropshireautonomy.co.uk or tell Sara or Eric when you see us at one of our social events. You may also travel in your own car or by train as the station is nearby.

Autonomy Social Events: Telford Socials:

(for Telford and Shropshire members)

Telford Pub Socials at: The Severn Gorge, Southwater Way, SATNAV: TF3 4FU

(01952) 290404

Monday September 4th

Monday October 2nd

from 7:30pm – about 10.30pm

Board Games Club in
"Hathaway's Cafe" area,
Wellington Library, Tan Bank
TF1 1LX.

Monday September 11th and
Monday October 9th

7:30pm-9:30pm. Cost 50p for
snacks/drinks. All welcome!

Shrewsbury Socials:

(for Telford and Shropshire members)

September

Ten Pin Bowling at: AMF Bowling, Brixton Way, SY1 3AZ on Tuesday September 12th from 7:30-9pm. Cost £2.75. Meet in the bar area, one bowling game. Then at Harry Hotspur pub (SY1 3AT) till 10:30pm.

The Hole in the Wall
1, Shoplatch, Shrewsbury
SY1 1HF, (01743) 271847
on Tuesday September 26th
from 7:30pm-about 10.30pm.

October

The Abbey, 83, Monkmoor Road, SY2 5AZ, 01743 236788 Tuesday October 10th
from 7:30pm- about 10.30pm.

The Beacon Pub, Copthorne Road, SY3 8LP (01743) 344286
Tuesday October 24th from
7:30pm - about 10:30pm.

Autonomy is on Twitter!

If you are on Twitter, how about following us @AutonomyASD where you can see what we get up to! There are also lots of "tweets" from groups on Twitter such as the @NASshropshire, the N.A.S autism and @autismwestmids. We've also been told of the group #mumsonthespectrum which now has 600 members.

July Bowling Winners

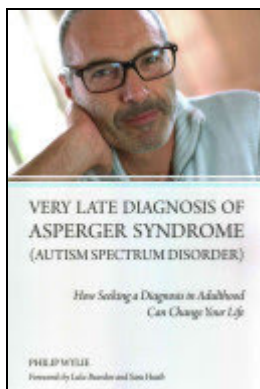
Thomas V, Ben and Thomas R-J were 3 of our bowling winners. We also celebrated having Thomas B with us at our first social event with 3 Thomases!

Musical Extravaganza

The Shropshire Autism Hub is having a fundraising evening with Shrewsbury Light Orchestra playing a range of music at Theatre Severn on Saturday October 7th at pm. Tickets are £12.50 and can be bought from the Theatre Box Office Tel: (01743) 281282.

Welcome to our patron Philip Wylie!

We are very honoured to have Philip Wylie, author of The Very Late Diagnosis of Asperger's Syndrome (ASD) (2014) <http://www.jkp.com/author/authors/view/id/philip-wylie-7818>



as our official patron! He is donating the royalties from his book to support the work of Autonomy. Many thanks Phil!

Member Run Events

It was great to hear about the first Autonomy Too Climbing the Walls free taster session organised by Joe in early August. He will be organising more taster sessions in September, so please contact Sara or Joe and we will put you on the list.



Climbers: Joe, Chris R and Thomas V

Autonomy Evolution Football Club

The team started in August last year with just 5 players and a "kickabout" on Upton Lane playing fields.



The team in August 2016

The team has grown bigger and had its first successful season. We thank the team captain, Thomas Vaughan, and the team members and also Adam Stockwell for being the team photographer. There is now an Autonomy Evolution FC group Facebook page and Thomas has booked a year's worth of "kickabout" sessions at Lythwood Sports Complex, Bayston Hill, SY3 0LY for the second season. The next "kickabout" sessions will be from 10.50am til 12 noon on Saturday September 16th and October 28th. New members are welcome so please contact Thomas or Sara for more information.



The team now!