



September Support Groups

The Avenue support group dates for September are **Friday 2nd September** from 9.30am-11.30am, **Tuesday 20th September** from 12.30pm-2.30pm and **Monday 26th September** from 6.30 pm - 7.30 pm.

The Avenue team provides practical and emotional support to families by listening, advising, offering practical ideas and strategies to improve everyday life and signposting to other organisations. Our positive support groups also host a library of information, books, leaflets and sensory/communication samples.

A Parent's Challenge

Andy Newton, one of our Avenue parents, has set himself a running challenge to raise funds for two organisations who have supported his family - The Avenue and Outside In Solutions.

Along with two friends he will run two events:

<http://www.farnhampilgrim.org.uk/> on 11th September

<http://www.thepurbeckmarathon.co.uk/> on 18th September

To read more about Andy's challenge and/or to donate please visit:
<https://www.justgiving.com/crowdfunding/run4autismADHD>



FUNDRAISING

The Avenue's Auction evening raised a fantastic £1190 which goes directly to the continuation of our current services. Many thanks to everyone who attended the evening and to the following who kindly donated auction items:

Dr Jones PC Support, Verity Wilkes, Watford Football Club, Durley Dean Hotel, Jo Naphthine, Mr & Mrs Field, Mrs Moss, Mr & Mrs Feasey, Mr & Mrs Staple, The Beauty Cabin, The Lounge, Mrs Rogers, Kristy Holmes, Conflict Paintball, Mrs Huggins, G B Sounds, Aiden Jones, John and Kate Clements, Clare Cuffe and Tom and Julie Currie.

DONATIONS

Many thanks to Dr Jones PC Support who, via his customers, raised £75.00 and to Mrs M Smith who kindly donated £20.00.

Thank
you

Did you know about....

Autism Tracker App -

<https://itunes.apple.com/gb/app/autism-tracker-lite-track/id478527813?mt=8> Autism Tracker

(Lite version is free) is an educational app that helps families explore Autism. Each of its screens represents a different domain of Autism. Several screens are already set up to get you started such as moods, behaviour, health & food.

What is...

Alexithymia - This is where you have a diminished vocabulary of words to describe emotions; this includes one's own emotions as well as the emotions of the other people. This is quite common in children with Asperger's Syndrome.

Don't miss out: The Gordon Craig in Stevenage is holding its first relaxed performance of Peter Pan on Weds 11th January 2017 at 7pm. Book your tickets now by visiting: <http://www.gordon-craig.co.uk/>



The Avenue's summer holiday groups were a great success and the children loved both the Creative Play/Face Painting and The Science Boffins Workshop.

The Avenue team are already planning the holiday groups for next year. 😊



ALL THE AVENUE'S SUPPORT GROUPS AND WORKSHOPS/EVENTS ARE HELD AT THE PENTECOSTAL CHURCH, CRAB LANE, BIGGLESWADE SG18 0LN *UNLESS OTHERWISE STATED

