



ASD Family Help

Autism & neurodiversity - embracing differences

SEPTEMBER 2025

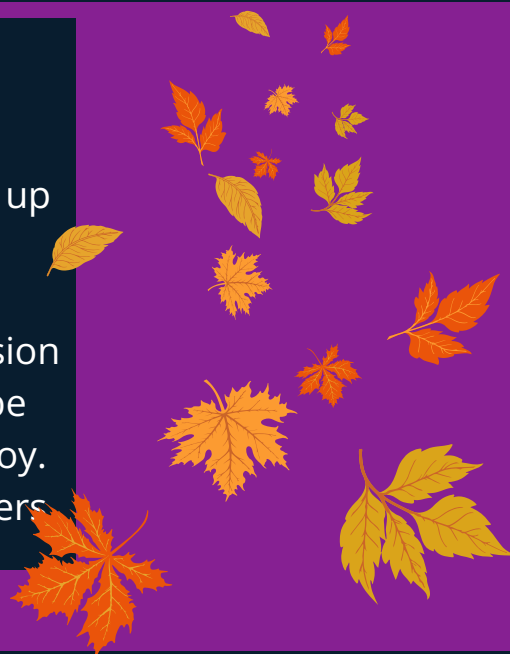
West Berks Newsletter

Family Session

2nd Tuesday's of the month 5-6pm

Hey everyone! We have some fun-filled activities lined up for our Autumn sessions in West Berkshire.

Join us for some autumn crafting at our family fun session where we'll be creating and crafting. There will also be games and a cuppa for adults with free biscuits to enjoy. It's a great chance to get creative and connect with others.



Teen Session

23rd September

Don't forget to sign up ready to join our teen sessions. We will be providing lots of laughter and fun as we play a group game of Task Master. Complete silly challenges as a group. Along with task master we will have crafts and snacks to keep your energy levels up. This is a fantastic way to hang out with friends and have lots of fun.

Remember, there's no obligation to join in at any of our sessions and we welcome individuals who may just want to chill to one side.

We are looking forward to seeing you soon at one of our sessions soon and if you want any more information about these sessions then drop an email to -
Rosie@asdfamilyhelp.org.

[ASD Family Help Website](#)

[Visit us on Facebook](#)

Want to unsubscribe? [Unsubscribe](#)

Royal Berkshire Fire and Rescue Service

We're excited to share some photo's from our amazing day with Royal Berkshire Fire and Rescue Service at Newbury Fire Station over the summer holidays! It was a brilliant day, everyone learnt a LOT and had a ton of fun in the process.

A massive thank you to all the Fire Fighters at Red Watch who gave their time for our visit - they were so incredibly patient to show us around, let us sit in the fire engine and answer all our questions.



Thanks also to Matt, the Community Safety Fire Officer (and Fire Fighter and Fire Cadet Instructor) for teaching us some safety advice, but also for bringing the little red fuzzy bugs with the fire hats!



Thanks also to Newbury Royal British Legion Club for helping us out last minute with a fab venue to hang out, make our crafts and drink loads of coffee!

Our family and teen sessions, will now be at the Newbury Royal British Legion from September and we're excited to be using their lovely space.



If you have a young person aged 13 - 17 years living in any area of Berkshire who might be interested in Fire Cadets, have a look at the [webpage](#) and [sign up online](#).

[ASD Family Help Website](#)

[Visit us on Facebook](#)

Want to unsubscribe? [Unsubscribe](#)

Active Club

We have finished our first school year at Active Club West Berks, and it has been great fun. Some of our highlights include playing Hungry Hippos with the wheelie boards, Plants vs Zombies, and Star Wars tag. We have seen some fab teamwork happening with young people of all ages, and young people overcoming their anxieties. Well done, everyone!

It's not too late to sign up for the Active Club to start in September, as we still have some spaces. We are moving to our new home at Northcroft Leisure Centre, with a huge hall and a town centre location.



Every Monday
Starts Monday 1st September

What?
A fully inclusive games club for children, young people and families with autism, adhd and or deafness

Why?
A safe neurodiverse and Deaf friendly space

Where?
Rocket Propelled Games
150-151 Bartholomew Street
Newbury



Who?
Early sessions:
4-7pm ages 8-15yrs (must have an adult stay)
Late sessions:
7-10pm for ages 16yrs plus

Cost?
Early session is free but you do need to book in advance
Late sessions turn up and pay but you might be best to book your table to avoid disappointment.

Email
rocketpropelledgames@outlook.com

New Gaming Cafe Open in Newbury!

Rocket Propelled Games opened last week and were kind enough to invite us to the launch. We're really excited for future events here.

We are hoping to run some ASD Family Help meets here, but in the meantime, they are running neurodivergent games evenings - see the flyer above!

Kirri and Finn are both neurodivergent, so have have their own experience to model how to create a really inclusive and enjoyable environment for all.

Congratulations to Kirri and Finn on the opening!

[ASD Family Help Website](#)

[Visit us on Facebook](#)

Want to unsubscribe? [Unsubscribe](#)

What's on at a glance

 ASD Family Help <small>Autism & neurodiversity - embracing differences</small>				
What's on in Sept 2025 Book here: www.tinyurl.com/ASDFH-Summer25				
	MON	TUE	WED	THUR
1st to 7th September	10 - 11.30am Chat & Connect Winnersh & Calcot	10am - 2pm Adult 1 - 1 Appointments Newbury/Thatcham	10am - 2pm Adult 1 to 1 Appointments Wokingham Hub	
8th to 14th September	10 - 11.30am Chat & Connect Finchampstead & Hungerford 6-7pm Active Games Finchampstead	10am - 2pm Adult 1 - 1 Appointments Newbury/Thatcham 5-6pm Family Drop In Newbury	10am - 2pm Adult 1 to 1 Appointments Wokingham Hub 4 - 5.30pm Family Drop In Earley	5pm - 6pm Active Games Newbury
15th to 21st September	10 - 11.30am Chat & Connect Wokingham & Newbury 6-7pm Active Games Finchampstead 6 - 8pm Adult Social Club Crucible Newbury	10am - 2pm Adult 1 - 1 Appointments Newbury/Thatcham 6 - 8pm Adult Social Club DEN 42 Wokingham	10am - 2pm Adult 1 to 1 Appointments Wokingham Hub 5.15 - 6.45pm Teen Club Wokingham	5pm - 6pm Active Games Newbury
22nd to 28th September	10 - 11.30am Chat & Connect Arborfield & Thatcham 6-7pm Active Games Finchampstead	10am - 2pm Adult 1 - 1 Appointments Newbury/Thatcham 4.45 - 6.15pm Teen Club Newbury	10am - 2pm Adult 1 to 1 Appointments Wokingham Hub	5pm - 6pm Active Games Newbury 7pm - 9pm Adult Dinner Club 3 Frogs - Wokingham
www.asdfamilyhelp.org jayne@asdfamilyhelp.org www.facebook.com/ASDFamily				

We run regular and ad-hoc activities and sessions throughout Wokingham and West Berkshire.

Take a look at our calendar to see what's on in July. Email us if you have any questions:

Jayne@asdfamilyhelp.org
or
Rachael@asdfamilyhelp.org

Some of our sessions require registration to book a place.

Please contact us or check out our website for more information .

EHCP Workshop

Wednesday 17th September 7pm to 9pm

As we get ready to head back to school next week, why not start planning your own learning journey too?

Join us for an online EHCP workshop that is:

Packed with clear, practical information about how to make your own EHCP application

Filled with useful tips to use even before you apply.

Helpful regardless of whether your child has a diagnosis.

Relevant if your child or young person is aged anywhere from 0 to 25 years!



This is a limited opportunity to get friendly, expert advice from Lyndsay at SEND Education For All in a relaxed and supportive setting.

Click to book your spot today and start to feel confident about taking the next steps with the EHCP process!

You are welcome to join us regardless of which area you live in.

**EHCP
GUIDANCE**

**BOOK YOUR
PLACE NOW**

ONLINE



[ASD Family Help Website](http://www.asdfamilyhelp.org)

[Visit us on Facebook](https://www.facebook.com/ASDFamily)

Want to unsubscribe? [Unsubscribe](#)

Our staff member, Sara, wanted to share some activities she got up to with her family over the summer holidays!



Hello, I just thought I would share a little more of what we have been up to over the summer holidays!

I finally booked Thames Valley Adventure Playground and I'm so glad I did! Both girls had such a fun morning and there is so much to fill the 3 hour time slot, the outside space is huge with so much to explore, the girls favourite was the zip line, soft play, spraying water and relaxing inside looking at the lake with a crunchy snack! - I would really recommend TVAP for families it was fab!

I bought the girls along to ASD Family Help martial arts taster session and they really enjoyed taking part in the group and especially the warm up exercises of running and freezing! It was lovely to see older children encoring them to take part.

We had a very calm and cool time at Naturally Curious Play SEND session the hammock is always a huge hit and climbing and mixing potions in the woods is always such a good way for my daughter to sensory seek in a safe way



I also want to say a huge thank you to The 3H Foundation for my daughters challenge pack, these packs are for anyone aged 13-25 who have a disability or are a carer. My older daughter spends a lot of time with her sister and is a huge help when it comes to emotional support and even taking her to play in her room so we can get things done. We are incredibly lucky to have such a caring daughter and she really deserved something for herself to enjoy. The packs contain a number of activities and everything you need to complete each one. I believe the summer packs have now closed but we will post when they open back up again.

[ASD Family Help Website](#)

[Visit us on Facebook](#)

Want to unsubscribe? [Unsubscribe](#)

Phew one week of summer holidays down just another 5 weeks to go!
I wanted to share a couple more places I've taken my 4 year old neurodivergent daughter that might be helpful for other families.

Over the last week we have been to Loddon Valley Leisure Centre SEN inflatable fun, It's a great space and had lots of different bouncy castles and obstacles, bonus for a lovely coffee My daughter had a brilliant time and burnt off a lot of energy (which is rare) They also have a great soft play and swimming in the centre so you could really spend a full day there.

We also took our first trip to Thomley We spent time outside enjoying the water play, bouncing on the big pillow, swinging and sliding but also enjoyed time inside in the soft play, craft area, sensory room and imagination area too! We booked on to make strawberry and banana lollies which was a hit! It's such a friendly, big, safe space with a cafe my daughter doesn't stay at one set activity for very long but as Thomley has so much to do she could flit between activities happily, we will definitely be going back before the summer is over.



Next on our to visit list is -
Camp Mohawk

Thames Valley Adventure Playground
Northcroft Leisure Centre SEN Soft Play
The Slime Hub - Wokingham
Swings & Smiles Family Play
Building for the Future Wokingham - Play, Support & Therapy

I will of course also be bringing her along to some of ASD Family Help summer holiday activities

Inbetween all of our paid activities I have been scoping out quiet parks and free charity events. Usually parks that are in villages or the outskirts of towns hardly ever have a lot of people there so this just means a much more relaxed time and therefore we can stay long - especially if I bring snacks!

I'm always looking for places where she can feel safe, happy and free to be herself and that little sister finds fun too, I'll keep sharing the ones that work well for us in case they're useful for other parents/carers


[ASD Family Help Website](#)

[Visit us on Facebook](#)


Want to unsubscribe? [Unsubscribe](#)

Chat & Connect Coffee Group - running every Monday (except Bank Holidays)

Chat And Connect this Autumn! After a long summer I'm really looking forward to autumn, it's a perfect time to come together, enjoy a warm drink, and connect with others in a relaxed and friendly setting. I've really enjoyed meeting so many different people from across West Berks already, and I'm looking forward to welcoming even more faces over the coming months. Chat and Connect is for all neurodivergent adults and parents/carers of neurodivergent children/adults to get together in a non-judgemental, safe space, if its support you need or just friendly conversation, we are here to create a community who are there for each other.



ASD Family Help
CHARITY NUMBER: 1135718



WEST BERKSHIRE Chat & Connect Group Mondays 10-11.30am


A friendly and welcoming coffee group for neurodiverse adults and parents/carers of neurodiverse children.


IKEA Cafe Pincent Lane Calcot RG31 7SD 1st Monday of the month	Coffee #1 121 High Street Hungerford RG17 0LU 2nd Monday of the month
Shaw House Cafe Church Road Newbury RG14 2DR 3rd Monday of the month	Hidden Gem Cafe Alice Bye Court Thatcham RG18 4th Monday of the month

Build meaningful connections with others.
Chat to a liaison worker. No need to book!

our first time and you're feeling a bit nervous about
long, please get in touch. We'd be more than happy to
meet you outside and walk in together.

Re out.
support.

 jayne@asdfamilyhelp.org  07733 601755

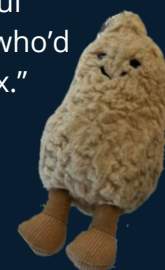
 www.asdfamilyhelp.org  ASDFamily

As a Liaison Worker, I can help in a variety of ways, whether you're looking for guidance, emotional support, or just someone to talk things through with. I can:

- Offer one-to-one meetings by phone, Teams, or in person
- Signpost you to local services, support groups, or helpful resources
- Help you navigate challenges like education, diagnosis, or family life

I'll also bring along some mindful colouring activities for anyone who'd like a calm, creative way to relax."

~ Sara, Liaison Worker



Feeling anxious about coming along?

If you are an adult and you are worried about coming along for the first time to any of our activities, please get in touch.

We will always be happy to arrange for a member of the team to meet you outside and walk in with you at your own pace.

The majority of our staff & volunteers are neurodivergent themselves - so we understand!

[ASD Family Help Website](https://www.asdfamilyhelp.org)

[Visit us on Facebook](https://www.facebook.com/ASDFamily)

Want to unsubscribe? [Unsubscribe](#)