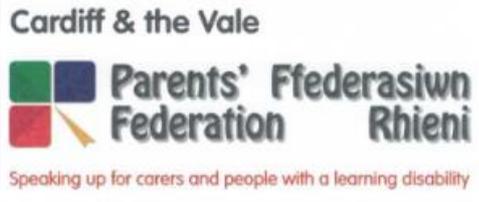


NEWSLETTER



Gatherings

We have been so lucky to have been able to hold gatherings over the past few months. We have been able to return to Pedal Power as well as holding catchups and walks.

We are hoping to be able to continue to hold gatherings over the next few months, however with the local lockdowns now being imposed in areas in South Wales we are going to re-examine what we are able to do under the new guidelines.

As always our carers safety is paramount to everything we do.

We are still holding our virtual meetings for those who are in lockdown or anyone who wants to join. See below for more details.



CONTACT INFO

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Welsh Government

The Welsh Government are working to improve the services they offer for autistic people in Wales. They want your views on their draft code of practice and guidance about how public sector services must plan and meet the needs of autistic people, their families and carers.

<https://gov.wales/node/28785/respond-online>



Virtual Meetings

We are still holding our Virtual Coffee Mornings on a Thursday @ 11am. These again are for all carers who would like to attend. We understand that not everyone is comfortable going out and meeting up with people in this uncertain time.

However having a chat with some likeminded people can do a world of good for your mental health.

So join us on Zoom on a Thursday @ 11 am

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We are Here!!

As we enter a new uncertain time in this unprecedented year we want to remind you that we are here for all our Carers.

We have learnt that lockdown can be:

- √ Lonely
- √ Scary
- √ Isolating

Just to name a few.

However, we are still available:

- √ Social Media
- √ Phone Calls
- √ Zoom Calls

Local Lockdowns!

With local lockdowns now affecting a large proportion of South Wales and with a few more areas on the watchlist we have put the link below for the most common FAQs

<https://gov.wales/cardiff-council-area-lockdown-frequently-asked-questions>



How are you doing?

When was the last time you asked yourself that question? It is such a simple question but such an important one.

Covid-19 and the lockdown that followed has had a detrimental impact on individuals mental health. Public Health Wales have launched a How are you doing? Campaign.

To help individuals stay connected and keep physically and mentally well.

Check out their website:

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/how-are-you-doing/>

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