



<https://autismwestmidlands.org.uk/jobs/autism-specialist-advisor-shropshire-and-telford-childrens-and-families/>

NEW Parent and Carer Wellbeing Walks

We will shortly be advertising term-time opportunities for parents/carers to get together and join us out and about in the beautiful Shropshire countryside – meet, chat with others, get some fresh air and head space. Keep an eye on our events page to find out more...

<https://autismwestmidlands.org.uk/events/>

****Reminder**** No diagnosis is needed to access the AWM Shropshire service and there is no formal referral route – parents/carers can self-refer by booking an advice appointment or contacting us directly. Details for both below...

- **WEEKLY Teams Advice slots – every Monday, Tuesday and Thursday**

For those would like some online advice we are offering this virtually via video appointments. Teams works well on mobile phones. To book a 45 min advice appointment with a specialist autism advisor please book via our shop. If the dates/timings of our online advice appointments are not convenient for you, please contact us to make alternative arrangements – scroll down for details <https://shop.autismwestmidlands.org.uk/collections/events/products/online-autism-advice-and-consultation-sessions-shropshire-county>

IMPORTANT – WE EMAIL YOUR TEAMS LINK TO YOU THE WEEK BEFORE YOUR SLOT, MAKE SURE YOU CHECK YOUR INBOX INCLUDING SPAM/JUNK TO GET YOUR LINK

- **Virtual Support Group for Parents – Wednesday Mornings 10am-11am & Wednesday Evenings 8pm-9pm – 1st and 3rd Weds of each month (term time)**

Our online support groups meet twice a month via Zoom. This is an opportunity to talk with other parents, share ideas, and offer support. We recommend that you have attended an online advice appointment with a member of the team before joining group sessions (link above).

If you would like to join either of the support groups, please email the team here shropshire@autismwestmidlands.org.uk

- **Dad's Group – Monthly on a Thursday 7pm-8pm**

This is an opportunity for dads to meet online, share ideas, celebrate their children's achievement's and offer support to each other with a member of Autism West Midlands present. For more information and booking details see link below

<https://autismwestmidlands.org.uk/events/virtual-dads-support-group-west-midlands-mar31/>

- **Advice and support**

We also offer advice and support over the phone and via email. Parents/carers and professionals can contact our small team directly to arrange an appointment including face-to-face if preferable.

Shropshire office	- 01952 454156	
Mon, Wed, Fri	- Wendy Cowton	07900784186
Weds, Thu, Fri	- Emma Hegenbarth	07881109480
Tue, Wed, Thu	- Dawn Lewis	07706309382
Email	shropshire@autismwestmidlands.org.uk	
Helpline	0121 450 7575	